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## How to reset ewan the sheep deluxe

Ewan The Dream Sheep Deluxe Ewan Deluxe with Shush now features a calming SHUSH sound inspired by expert paediatric sleep research. The new Shushing sound is created using a human voice and is an exciting added extra to sit alongside the awarding winning product core features. Expertly designed for little ones who struggle to settle at night, ewan Deluxe® is here to help by working his magic at sleep times! This uber cute, cuddly toy mimics the comfort of the womb with a soft pink glow and selection of soothing sounds, including an actual recording of a heartbeat and womb to lull newborns and toddlers into a peaceful sleep. Ewan Deluxe® features an intelligent MoonMode® smartCRY® sensor, which is cleverly designed to automatically activate when baby stirs in the night, helping to resettle them, meaning ewan can effortlessly work his magic and ensure the entire family can get a great night's sleep! Better still, the Deluxe® also has a removable control pod so ewan can be washed, keeping him clean and healthy! The heartbeat and womb sounds are actual recordings, not computer generated and these have been proven to have a calming effect with even the most unsettled baby. Vacuum cleaner, rain and harp recordings together with the womb sequence provide 4 different calming 'pink noise' sound tracks to choose from and all are combined with mum's resting heartbeat to provide extra reassurance. The sounds, which play for 20 minutes, are all recorded at the low base frequency the baby can predominantly hear when in the womb, known as the '125Hz pink noise' range. This is why they work so well at settling little ones off to sleep. Better still, all the sounds were trialled on babies and toddlers to find the most effective ones and only then were they included in the final Ewan the Dream Sheep. The final ingredient to the mix is the soothing pink glow that is emitted from Ewan. Research has shown that babies are comforted by certain aspects of the womb, so a pink ambient glow was the natural choice for the dream sheep's tummy. Ewan can be used at home, in the cot or Moses basket as well as when out and about too, as he can be secured to the pushchair or car seat by his riptape tail. Ewan's tail is also great for securing a dummy or teething ring too, so there's no worry about it getting lost or falling out of the cot or buggy. Features Intelligent MoonMode® smartCRY® sensor, cleverly designed to automatically activate when baby stirs, helping resettle them 4 soothing heartbeat sounds combinations: womb with Shush, white noise, rainfall, harp melody. Soft pink calming glow Removable control pod so ewan can be washed, keeping him clean and healthy! 20 minute timer Requires 3 x AA batteries (not supplied) Hangs from cot, pram or car seat with the Velcro tail Ewan's tail can be used to securely attach a dummy or teether Power Battery operated - requires 3 x AAA batteries (not included) Care Surface wash only 1 You will need: A Cross-head Screwdriver 3 x AA Batteries (LR06 1.5V max) Firstly, remove the control pod from the Velcro pocket in ewan's tummy. Insert 3 x AA 1.5V batteries (NOT INCLUDED) into the battery compartment located on the back of the control pod. Unscrew the lid screw with a cross-head screwdriver, insert the batteries observing the correct polarity ( + / - ) as illustrated or indicated on the inside of the battery compartment, then replace the lid and screw to secure in place. Do not over-tighten screw. Reinsert the control pod securely into ewan's Velcro tummy pocket, ensuring you seal the Velcro. TOP TIP: We highly recommend using re-chargeable batteries with ewan Deluxe. Asides from being more economical, they are more eco-friendly. 2secure the pod Grab your pod and open ewan's tummy, locate the two velcro straps. Secure the straps around the pod and insert the pod into ewan's tummy. Fasten ewan's tummy. 3turn ON/OFF ewan Deluxe has single button activation. Press this to switch ewan ON. The large button can be pressed through ewan's tummy making it easy for your child to self soothe. This same button is pushed to turn OFF the sounds at any time without the need to remove the pod from ewan's tummy. NOTE: If your pod re-activates you may have your cry sensor active. Please see point 4 for help to deactivate the cry sensor. 4using the smartCRY sensor Firstly, you'll be pleased to know any one of ewan's sounds can be selected to play in both normal and smartCRY mode. Press and hold the main button on the pod for 3 seconds, you should hear 1 single beep - this signifies that the sensor is switched ON and ewan is listening. The smartCRY Sensor will listen out for your baby for 4 hours. If your baby stirs then ewan will activate your chosen sound. Once your baby has settled he will listen again for another 4 hours and so on. If your baby does not stir within 4 hours, the smartCRY Sensor will deactivate. To de-activate the smartCRY Sensor, press and hold the button again for 3 seconds, this time you should hear 3 simultaneous beeps - this signifies that the sensor is switched off and ewan is NOT listening. 5adjusting volume & light Press and hold the main button on the pod to activate. Turn the Light ON/OFF by pressing the left button. Make the Volume QUIET/LOUD by pressing the right button. 6change the sounds While activated/sound is playing double tap the main button to cycle through: harp melody, shush, rainfall, womb and vacuum cleaner sounds. 7where to put ewan You can suspend ewan securely from your cot, pushchair or car seat using his Velcro tail. DO NOT place directly over baby's head. Alternatively place ewan next to your baby's cot or Moses basket. If you're expecting or have a newborn, you've likely heard about white noise machines. They're the latest trend in infant sleep aids, and mums and dads rave about how effective they are at calming a crying child. They emit a fuzzy, static sound that can help to drown out other ambient noises, making it easier for your little one to catch some Zs. The best white noise machines can be the difference between a restful night and a difficult one. While it's possible to find a plethora of white noise playlists on YouTube, there are a number of benefits to buying a standalone device. For one, it's often much more convenient than leaving your smartphone or laptop playing. Baby-focused white noise machines also tend to be designed as a cuddly companion, which can make them a welcome addition to a crib. Below you'll find our guide to the ins and outs of white noise machines, including information on how to use them safely. This is followed by our choice of the very best models available to buy. Best white noise machines: At a glance How to choose the best white noise machine for your baby What is a white noise machine? White noise machines emit soothing sounds designed to mimic the noises your little one heard in the womb, from a heartbeat to a droning whoosh. Placed in or near your baby's crib, these machines aim to make your child feel comfortable and safe. They can also be called pink noise machines, or advertised as both white and pink noise machines. Pink noise consists of all frequencies we can hear, but the energy isn't equally distributed across them. It's more intense than white noise and occurs at lower frequencies which creates a deep sound. Heartbeats, wind and rain are considered pink noises - although are also lumped within the white noise category. Are white noise machines safe to use? Much of the discussion around the safety of white noise machines centres on the volume of the sound. Reports suggest that noise levels inside the womb can be as loud as 90dB (about as loud as a lawnmower), however, in 2014, a study from the American Association of Pediatrics (AAP) tested 14 white noise machines and found that some produced volumes in excess of 85dB, concluding that this could be damaging if left for several hours at close proximity to a baby's ear. In conclusion, the advice from the AAP was that the device should be placed at least 200m (seven feet) away from a baby's crib, and not be set to maximum volume. Beyond volume, there is some anecdotal debate about whether babies can become reliant on white noise machines to sleep. The thinking is that little ones come to associate the sound with sleep, which is great when you have access to a white noise machine, but less handy if you don't, or if you want to stop using one. There's little conclusive evidence of this, but it may be worth considering when to 'wean' your baby off a white noise machine. Babies develop at different rates, so there's no fixed time period, although after around 12 months your child should be sleeping easier through the night. What are the benefits of using a white noise machine? There are a number of benefits to using a white noise machine. For example, it acts as a cue to tell your child it's time for sleep. As part of a napping or bedtime routine, your child will soon learn that once the machine is turned on, it's time to go to bed. You can, of course, find free white noise videos on YouTube, and noise-generating mobile apps. These are handy if you're away from home, or if the batteries in your white noise machine run out - but you'll have to leave your phone or tablet in your baby's room overnight, so a dedicated machine is more convenient. Here's our guide to the best white noise machines for babies. What other considerations are there when choosing a white noise machine? When it comes to materials, there tend to be two camps for white noise machines. You have devices that look like cuddly toys and you have devices that look like smart speakers. The former hide a white noise speaker within a huggable form, whereas the latter are more likely to be propped on a surface outside the baby's crib. There are benefits for both. Cuddly toys can become a favourite of your child, but the 'smart speaker' setup might have easier controls for adults, and are much more likely to have main power. Best white noise machines for babies 1. myHummy: Best all-round white noise machine for babies Price: Starting from £50 | Buy now from Amazon The myHummy range of white and pink noise machines is relatively unknown in the UK, but it's getting great reviews online. The products sit at the more expensive end of the market, but with Bluetooth connectivity and sleep sensors, they're well specified - and you can't put a price on a good night's rest. Some of the company's popular soft toys are no longer available direct from the manufacturer, but can still be found on Amazon, listed as "the official seller of MyHummy toys in the UK". These include the smaller Snoozy/Mascot model, available for £70, plus teddy bears Filbert, Pearl and Ash (which won the Made for Mums award in 2018) for £80. Then there's the latest Sweethearts range. The smaller toys (Lily and Mat) cost £40 each, while the larger toys (Leon, Lena, Max and Mia) are from £56. These currently come with a free travel pouch which means you can take the humming heart with you, to attach to a pram, buggy or travel cot. Each myHummy is packed with firm stuffing, making them soft enough to play with, without posing a suffocation risk. And inside there's a removable "Humming Heart", which takes three AAA batteries and can be removed for standalone use, or to wash the outer teddy. The toys also have a velvet-style cover so they don't slide about the bed easily. My own family has the Filbert bear, which offers five types of white and pink noise, designed to sound like amniotic fluid mixed with heartbeat, rainfall, sea waves, hairdryer or vacuum cleaner sounds. The audio gently fades away after an hour, but activates again if baby starts to stir - or you can enable a non-stop mode that keeps the sound playing for 12 hours. You can get a week's worth of nights, on 12-hour mode, with one set of batteries, but they'll obviously last longer if you don't have the myHummy on all night. The pricier Bluetooth option lets you use your phone to change the volume, set how long the sound will play for, and switch the Sleep Sensor on and off. The bear can also send a notification to your phone if the baby starts to whimper or cry - a handy alternative to a baby monitor if you're travelling. The sound on the myHummy isn't loud enough to drown out the baby's cry, but it does help block out household sounds. And while the sound doesn't settle our baby to sleep, it does provide a reassuring environment for him, and has become a regular part of his bedtime routine. Its design means it can be stood up or laid down, and it's lightweight enough to carry with you wherever you go. Buy now from Amazon 2. Avantek Sleep White Noise Machine: Best white noise machine for travelling Price: £45 | Buy now from Hearing Aid Accessories The Avantek white noise machine can be used by babies and adults alike. It isn't a soft toy, like the others in the list, but does many of the same features in a somewhat more stylish and compact way, plus more. For example, it has 20 sounds to choose from - six white noise sounds, four nature sounds, six fan sounds and four 'scene' sounds. It's easy to skip between them using the previous/next button, too. The timer isn't as long as the MyHummy (seven hours compared to 12), but that makes it last much longer than Ewan's default 20 minutes. The greatest benefit this machine has over the others, though, is that it's not battery operated. It is powered by a 5V power adapter, or any USB charging port, making it perfect for travelling with. Plus, the USB cable is included. Buy now from Hearing Aid Accessories 3. Ewan the Sheep: Most popular white noise machine Price: From £30 | Buy now from Amazon SweetDreamers' Ewan the Sheep has won multiple awards and is among the best-selling white noise machines on Amazon. The standard version, costing an affordable £30, emits a soothing pink glow, designed to mimic the light a baby can see in the womb, and plays sounds that imitate those heard before birth. You can choose from a vacuum cleaner, rainfall, harp melody or recorded womb sounds, with a mother's resting heartbeat in the background. The downside is that it only plays for 20 minutes, which isn't ideal if your baby takes a while to settle down. The Deluxe version, costing an additional £10, adds a "smartCRY" sensor that listens out for when the baby starts stirring and automatically switches the sound back on again. We found that Ewan was quieter than other white noise machines, and it didn't appear to make much of a difference to how settled our baby was. Indeed, when the smartCRY sensor kicked in and turned the sound back on, it disturbed our baby rather than soothing them. It's a super portable machine, though, and because it doesn't stay on for hours at a time, the batteries last a decent while. £29.99 Buy now 4. SnüzCloud: The best white noise machine for style Price: £30 | Buy now from JoJoMamanBébé The SnüzCloud is stylish, portable baby white noise machine designed in the form of a soft plush cloud with closed eyes to inspire sleep. It features four soothing sounds - heartbeat, pink noise, lullaby and the sound of a waterfall - and two light options to help comfort and settle your little one to sleep. These lights can be switched between a calming pink glow, or a soft white night light. It's not the cheapest white noise machines in this list, and the sounds and lights only play for 20-minute cycles, but it is one of the most stylish. It easily attaches to a crib, cot, pram or car seat with a Velcro strap and is suitable from birth. Buy now from JoJoMamanBébé 5. Whisbear Humming Bear: The best white noise machine for motor development Price: £49 | Buy now from Amazon A sort of cross between the myHummy and Ewan the Sheep, the Whisbear recreates the ambience of the womb by playing a gentle, hairdryer-like sound. It runs for 40 minutes, then gently fades out - but the Whisbear continues to listen to its surroundings, and as soon as it recognises a baby's cry it switches back on automatically for an additional 20 minutes. You can optionally skip the initial 40 minutes of shushing to put it straight into listening mode, or use the "Soft Start" function, which gently switches the device on at a volume that's either automatically adjusted or set by you. What's special about the Whisbear is that it's not just a sleep aid. To encourage sensory and fine motor development, it features rustling elements in the ears and paws, and is made from different textures of fabrics in contrasting colours. This makes it perfect for your little one to play with before they drift off. Although it might also be a distraction to them in the middle of the night, so you can choose whether or not to put it in the cot with your baby! Its paws contain magnets, making it easy to attach the Whisbear Humming Bear to a cot, Moses basket, buggy or changing bag. It's suitable from birth and has a hypoallergenic filling. £49.99 Buy now 6. Munchkin Shhh Sleep Machine: Best white noise machine on a budget Price: £20 | Buy now from Amazon Munchkin does some fantastic baby products - including spoons and bowls that change colour when the food is too hot - and its Shhh Sleep Machine is no exception. It looks similar to a colourful smart speaker (we think it's not too dissimilar to the Google Home) and plays three sounds: shushing, heartbeat and white noise. A built-in, soft nightlight mimics the light of the womb and this light can either glow solid or pulse. A timer will also shut off the machine when it's no longer needed. It doesn't have all the bells and whistles as some of the white noise machines above but for £20, you can't really complain. £21.26 Buy now 7. MyBaby Soundspa White Noise Machine: The best white noise machine for adults and babies Price: £15 | Buy now from Amazon If the teddy-style designs of others in this list of best white noise machines aren't to your taste, or you want the best white noise machine for yourself as well as your child, the MyBaby Soundspa is a good alternative. It comes with six sounds including heartbeat, white noise, "cradle" ocean, brook, and "summer night". Each is digitally created and designed to mimic a natural environment, so the sounds aren't too harsh, even if you turn the volume right up. Our baby responded best to the straight white noise, but we preferred to hear the summer night sounds playing into our room via the monitor. Like others in this list, it's portable, but unlike others it will fit a little more snugly - and more discreetly - than the plush versions. It doesn't offer the 12-hour setting of the MyHummy but does feature more timer options than some of the others. You can set the SoundSpa to switch off after 15 minutes, 30 minutes or an hour. It's powered by four AA batteries, and it's easy to get through a fair few of these, but if you're willing to pay a little extra for a separate AC adapter, you can run it off the mains and not have to worry about buying batteries, or the battery running out in the middle of the night. £23.89 Buy now 8. Dreamegg D11 Sound Machine: The best compact white noise machine Price: From £28 | Buy now from Amazon With almost 200 five-star reviews, the Dreamegg D11 white noise machine is one to seriously consider - especially if you travel a lot and are looking for a compact option. The contemporary design makes a nice alternative to the more cutesy versions available, and the rechargeable battery can be topped up with a standard USB cable. It offers 11 different soothing sounds in total: six of which are for babies and include lullabies, and five that adults can enjoy too (if you enjoy being lulled off to sleep with white noise). There's a wide range of volume levels (32 in total) and it's surprisingly clear and powerful for its size. Don't forget, however, that white noise machines shouldn't be left on too loud or close to baby's ears. A calming night light sits within the face of the machine's swirl design, offering just the right level of warm-toned illumination. Unlike the Whisbear there is no smart technology triggering the sound, but it does have a handy timer so you can make sure the noise shuts off after 30, 60 or 90 minutes. You can also clip it to the side of the cot or pram, safely out of reach of your baby. £29.99 (£29.99 / count) Buy now





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