

How to Best Dress Baby For Sleeping At Different Temperatures

78+°F
26+°C



*Recommended for 0 - 12 months
*Always refer to specific sleep sack brand guidelines
*This is a guide only

75-77°F
24-25°C



71-74°F
22-23°C



69-70°F
20-21°C



64-68°F
18-19°C



61-63°F
16-17°C



< 60°F
< 16°C



From the AAP:

- Do not let your baby get too hot. This helps reduce the risk of SIDS.
- Keep the room where your baby sleep at a comfortable temperature.
- In general, dress your baby in no more than one extra layer than you would wear. Your baby may be too hot if they are sweating or their her chest feels hot.
- If you are worried that your baby is cold, use a wearable blanket, such as a sleep sack or warm sleeper that is the right size of your baby. These are made to cover the body and not the head.
- Avoid covering the infant's head.



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