

Fridge-Friendly Bedtime Layering Checklist

A quick flow you can follow every night in cooler seasons.

Before Bed

- Check nursery temperature with a digital thermometer.
- Pick the matching TOG (0.5, 1.0, 2.5, or 3.0+) based on room temp.
- Choose base layer: short sleeves for mild rooms, long sleeves for cool rooms.
- Pick pajamas: breathable footed cotton or a comfy two-piece.
- Choose swaddle (newborn) or arms-out sleep sack (rolling baby). Ensure proper size and snug neckline.
- Clear the sleep space: no loose blankets, pillows, or stuffed animals.

10-15 Minutes After Lights Out

- Touch the back of baby's neck (not hands/feet).
- If sweaty or flushed: remove a sleeve layer or go down one TOG.
- If cool chest/back: add a thin base layer or go up one TOG.
- Change one thing at a time and re-check in 10 minutes.

Overnight Swings & Morning Dip

- Dress for the lowest expected room temp or choose a slightly higher TOG with lighter sleeves.
- Avoid stacking sleep sacks. Use a single correct TOG and adjust inner layers.

Troubleshooting Quick Fixes

- Restless and sweaty: lighter base or lower TOG.
- Frequent early wake-ups with cool chest: add a thin base or higher TOG.
- Hands cold but chest warm: normal; no change needed.

Fabric Tips

- Cotton: balanced, breathable, easy-care — great default.
- Bamboo/viscose: soft and breathable for sweaty sleepers.
- Merino: temp-regulating for cooler rooms; splurge-worthy staple.
- Fleece: warm but less breathable; use carefully in cold, steady rooms.

Safety Always

- Back to sleep on a firm surface; stop arms-in swaddling at first roll attempts.
- This checklist is informational and not medical advice. Always follow your pediatrician's guidance.
- Use the right size for swaddle/sack. Keep neckline snug and away from face.
 - Dress for the room you measure, not the outdoor weather report.