

How to Dress Baby for Cooler Nights — TOG Chart

Dress for the room temperature you measure. Choose TOG first, then tweak sleeves/layers.

Room Temp 24-27°C (75-81°F) — 0.2-0.5 TOG

- Outfit ideas: Short-sleeve bodysuit + light 0.2-0.5 TOG sleep sack, or footless pajama alone.
- Notes: Watch the neck/hairline for sweat. Drop a layer if damp.

Room Temp 22-24°C (72-75°F) — 0.5 TOG

- Outfit ideas: Short- or long-sleeve bodysuit + 0.5 TOG sleep sack.
- Tip: If baby runs hot, use short sleeves or a lighter base.

Room Temp 20-22°C (68-72°F) — 1.0 TOG

- Outfit ideas: Cotton footed pajama + 1.0 TOG sleep sack; or long-sleeve bodysuit + lightweight pajama + 1.0 TOG sack.
- Check 10-15 minutes after lights out; adjust sleeves before changing TOG.

Room Temp 17-20°C (63-68°F) — 2.5 TOG

- Outfit ideas: Long-sleeve bodysuit + footed pajama + 2.5 TOG sleep sack.
- Note: Warm chest/back = good. Sweaty neck = too warm; cool chest = add a thin layer.

Room Temp 14-17°C (57-63°F) — 3.0-3.5 TOG

- Outfit ideas: Long-sleeve bodysuit + warm footed pajama + 3.0-3.5 TOG sleep sack.
- Caution: Ventilate, avoid overheating, and consider improving room insulation.

Newborn vs. Rolling Baby

- Newborns: Use swaddles (arms-in) only until signs of rolling. Match swaddle TOG to room temp.
- Rolling baby: Switch to arms-out sleep sack. Do not use loose blankets in the sleep space.

Quick Signs & Safety

- Too hot: Damp neck/hairline, flushed cheeks, restless sleep — reduce a layer or TOG.
- Too cold: Cool chest/back, frequent early wake-ups — add a thin layer or increase TOG.
- Always place baby on back on a firm, flat surface. Keep sleep area free of loose items.

Reminder: Check label guidance from your specific brand. When in doubt, dress slightly cooler and layer smart.