

Recommendations for Baby Sleepwear by Woollykins



What is the TOG value?

The TOG system is a measure of the thermal resistance of textiles. The higher the TOG value, the warmer the sleeping bag is.

The table below provides a guide to how to dress your baby at night according to the room temperature and TOG value of the sleeping bag.

Read the notes below about why Merino wool sleepwear is far superior to other fibres and can't be measured by TOG rating alone.

**** Wear with these recommended Merino wool or Wool/Silk Garments:**

Brand	Product	TOG rating	Room Temperature			
			15-18 °C	18-21 °C	21-24 °C	24+°C
ENGEL	Terry Baby Sleeping Bag or Sleep Suit	0.5-1 TOG		Longsleeve Sleepsuit / Longsleeve Bodysuit	Short Sleeved Sleepsuit / Short sleeve Bodysuit	Short sleeved Bodysuit
ENGEL	Fleece Sleeping Bag	1.65 TOG	Longsleeved Bodysuit + Sleepsuit + Bonnet	Longsleeve Sleepsuit / Longsleeve Bodysuit		
DISANA	Knitted Merino Sleeping Bag with Arms	1.7 TOG		Longsleeve Sleepsuit / Longsleeve Bodysuit	Short Sleeved Sleepsuit / Short sleeve Bodysuit	Short sleeved Bodysuit
DISANA	Boiled Wool Sleeping Bag*	1.8+ TOG	Longsleeved Bodysuit + Sleepsuit + Bonnet	Longsleeve Sleepsuit / Longsleeve Bodysuit		
	0.5 TOG		Summer sleeping bag for hot temperatures from 22°C+			
	1.0 TOG		Light sleeping bag at temperatures of 18-24°C			
	1.5 TOG		Medium-weight sleeping bag at temperatures of 18-22°C			
	2.0 TOG		Lined sleeping bag at temperatures of 17-20°C			
	2.5 - 3 TOG		Heavily lined sleeping bag at temperatures below 16°C			

*Only the thermal resistance of the material is measured. Since both Disana sleeping bags are made of the same organic wool, the resistance of the material is nearly the same. However the Boiled Wool Sleeping bag is heavier and comes with a light cotton lining. It is therefore intended for the cold season and room temperatures of 16-20 degrees.

**This table is only intended as a guide. When buying Merino Sleepwear TOG rating is only one factor. The wonderful temperature regulating properties of wool means that overheating is less likely and waking due to sudden drops in temperatures throughout the night are also less likely. Appropriate clothing matters in accordance with the room temperature and not according to the season.

Sources: Engel Natur and Disana Natur Germany