

SAFE SLEEPING

HOW TO CHOOSE YOUR BLANKET STEP BY STEP?

Koeka has made an overview for you, indicating the warmth of Koeka blankets, so that you can buy a suitable blanket for every season. We use the TOG rating system to indicate the warmth of the blanket. The room temperature is also a defining factor. The ideal room temperature in a sleeping room is between 16°-18°. Follow steps 1 - 4 for the best choice in your specific situation!

TOG WHAT?

Each blanket or sleeping bag has its own specific thermal resistance, otherwise known as TOG.

A safe standard has been determined by VeiligheidNL for babies in the age group below 2 for warm and cold season (plus room temperature). A safe TOG equals safe sleeping.

TOG HOW?

A low valued TOG blanket is suitable for relatively warm temperatures. A high valued TOG blanket is suitable for colder temperatures.

See the steps on the right to determine which blankets are most suitable for your baby. Do you prefer a bassinet blanket to start and a cot blanket for next season? Keep in mind in which season you are due for choosing the right blanket regarding average room temperatures. Check which TOG values correspond with your environment. Don't forget to take sleepwear and sheets into account. Add all textile layers to determine the total TOG value. Make sure not to exceed the safe TOG standard for your specific environment.

The maximum cumulative TOG value per season:

Cold season: TOG 2.5 till maximum 4.0* at a room temperature of 15°<18°

Warm season: total TOG 2.5 at a room temperature of 18°<22°

*You may add layers to a maximum of 4.0 TOG in case your baby is cold (cold neck or feet).

TOG WHY?

- did you know the preferable room temperature in a sleeping room will be between 16° - 18°?
- did you know there is a simple method to check if your baby is feeling comfortable?
Feel the neck of your baby; this shouldn't feel cold or clammy. In case of doubt, just check the feet; these shouldn't feel cold either.
- did you know it's ok for the baby to have cold hands while sleeping?
It's not a relevant signal to determine the comfort of your baby.
- did you know a sweaty baby is never a good sign?
Remove a layer or take off some clothing.
- did you know babies lose heat through their heads?
Unless instructed otherwise by your midwife, do not cover your baby's head when he / she is sleeping.
- did you know the teddy lined Koeka blankets can be used in 2 ways?

Option A:

Use the blanket on the width side during the first 3 months. This way the bed can be made shorter in length, from shoulder till toes. Do NOT apply the blanket double folded, as this will increase the TOG value!



Option B:

Use the blanket on the length side after those 3 months. Do NOT apply the blanket double folded, as this will increase the TOG value!



Keep in mind your baby will be sleeping in a cot for about four years. Depending on the season you will use warmer or colder blankets.



STEP 1 WHEN WAS YOUR CHILD BORN?

Is it during the colder months or during the warmer season? Choose the right blanket in the overview below. Keep in mind that you will need a blanket for the following season also.

<h3>COLD SEASON</h3> <p>Room temperature 15° < 18° = TOG value 2.5 - 4.0*</p> <p>HEAVY WEIGHT</p> <table border="0"> <tr> <td>VIGO TEDDY</td> <td>RUNA TEDDY</td> <td>VANCOUVER</td> </tr> <tr> <td></td> <td></td> <td></td> </tr> <tr> <td>3.1 TOG</td> <td>3.3 TOG</td> <td>3.1 TOG</td> </tr> </table> <p>* Can be supplemented to a maximum of 4 TOG in case the baby is cold (check the neck and feet).</p>	VIGO TEDDY	RUNA TEDDY	VANCOUVER				3.1 TOG	3.3 TOG	3.1 TOG	<h3>WARM SEASON</h3> <p>Room temperature 18° < 22° = TOG value 2.0</p> <p>LIGHT WEIGHT</p> <table border="0"> <tr> <td>ANTWERP</td> <td>ELBA</td> <td>ALTEA</td> <td>MAUI FLANNEL</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>0.5 TOG</td> <td>0.8 TOG</td> <td>1.1 TOG</td> <td>TOG EXPECTED</td> </tr> </table> <p>Is it 22 degrees or warmer in the bedroom? Then try to come close to a total TOG value of 1. Is it even warmer than 25 degrees, use a total TOG value of only 0,5. Combine these blankets with a sleeping bag if a higher TOG value is desired.</p>	ANTWERP	ELBA	ALTEA	MAUI FLANNEL					0.5 TOG	0.8 TOG	1.1 TOG	TOG EXPECTED			
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<h3>WARM & COLD SEASON</h3> <p>MEDIUM WEIGHT</p> <table border="0"> <tr> <td>OSLO TEDDY</td> <td>VIENNA</td> <td>MAUI TEDDY</td> <td>ELBA TEDDY</td> <td>STOCKHOLM TEDDY</td> <td>STOCKHOLM TERRY</td> <td>VIGO FLANNEL</td> <td>SPRINGFIELD</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>1.9 TOG</td> <td>2.3 TOG</td> <td>TOG EXPECTED</td> <td>2.3 TOG</td> <td>2.4 TOG</td> <td>1.5 TOG</td> <td>1.2 TOG</td> <td>1.0 TOG</td> </tr> </table>		OSLO TEDDY	VIENNA	MAUI TEDDY	ELBA TEDDY	STOCKHOLM TEDDY	STOCKHOLM TERRY	VIGO FLANNEL	SPRINGFIELD									1.9 TOG	2.3 TOG	TOG EXPECTED	2.3 TOG	2.4 TOG	1.5 TOG	1.2 TOG	1.0 TOG
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STEP 2 BEAR THE BASIC SLEEPWEAR IN MIND

A bodysuit + baby onepiece are approximate 1 TOG. Remember to add these items to the TOG value of your blanket to determine the total TOG value.

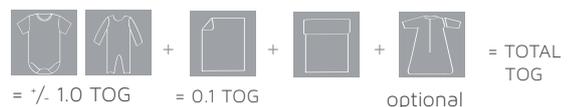


STEP 3 CHOOSE YOUR SHEET



STEP 4 CHOOSE YOUR BLANKETS; FOR A WARM AND COLD SEASON

Add all of the TOG values and approach the TOG value that is preferable for the season.



ADVICE

Find it difficult to choose? Please ask the shop assistant for advice.

TOG RATINGS ON THE MOVE

SPECIFICATIONS - HOW TO USE

OUTDOOR USE - FOR CAR SEAT:



1015-25-003

OSLO baby footmuff (3-points)
waffle/teddy + fiberfill (1 layer)
2,8 tog



1015-0015

ANTWERP baby footmuff (3/5-points)
waffle/flannel + fiberfill (1 layer)
2,6 tog

detachable
top layer



1045-0010

RUNA baby footmuff (3/5-points)
teddy
5,2 tog



1066-25-018

STOCKHOLM baby
footmuff (3/5-points)
cotton jacquard/terry
3,6 tog



1066-0010

STOCKHOLM teddy
baby footmuff (3-points)
cotton jacquard/terry
4,6 tog



1069-0010

VIGO baby footmuff
(3/5-points)
jacquard/terry
5,07 tog



1069-0015

VIGO baby footmuff
(3/5-points)
jacquard/flannel
3,1 tog

detachable
top layer



1048-0010

VANCOUVER baby footmuff
(3/5-points)
cotton
3,1 tog

detachable
top layer



1015-0019

AMSTERDAM outdoor wrapper
waffle
1,0 tog

- * Suitable for 3 or 3/5-point belt car seat.
- * Outerwear; not for indoor use (this is not bedding).
- * Hood closure; easy to open fully when moving indoors. While in car top, must be opened
- * 2 zippers for easy access baby.

OUTDOOR USE - FOR BUGGY:



1015-25-005

Oslo
buggy footmuff
waffle/terry
2,8 tog



1069-0009

Vigo
buggy footmuff
jacquard/terry
5,07 tog



1066-0010

Stockholm
buggy footmuff
cotton jacquard/terry
3,6 tog

- * Suitable for many types of buggies due to open slits at back panel.
- * Outerwear; not for indoor use (this is not bedding).
- * String at upper edge of top layer can be tightened for more comfort. Fixed by making a bow.
- * Hood closure; easy to open fully when moving indoors.
- * Suitable for children up to approximate 3 years of age



1012-1012

Dijon buggy inlay
terry (excl. filling)

- * Vertical & horizontal slits for lock strap; suitable for many types of buggies.
- * Elastic at back panel for solid fixation
- * Dijon: High absorbance for summer season, thermal for winter season.