

## A GUIDE TO FINDING THE IDEAL TEMPERATURE

At bedtime your focus is always on keeping your little one comfortable. Sometimes that's about finding pyjamas and bedding that are cosy, but often it is about maintaining the perfect temperature so your child doesn't get too hot or too cold.

## TOG RATINGS

A great way to gauge how to dress your little one for bed is with the Tog rating. This is a European guide that helps you determine how warm your child will be. The higher the tog, the warmer they are.

While Tog ratings are the best way to keep track of things, ultimately it comes down to parents and carers to ensure their child and cot are dressed appropriately for the room temperature.

## WHAT BABY WEARS

It is generally recommended that your baby should wear a long-sleeved sleepsuit for bed. However, the amount of clothing should be adjusted according to the temperature of the room and the Tog Rating of your bedding. This will ensure that your little one will never get too hot or cold.

## CHOOSING YOUR BEDDING

We have a range of bedding for different needs, each with their own Tog Rating. Follow this handy guide to help you monitor and control your child's temperature.





## DREAMPOD

Our dreampod sleep bags are exactly that, sleeping bags for babies. They are safer than using loose bedding while your child is still in their first year. They come with two Tog ratings that depend on how warm your nursery is.

**Dreampods should never be used alongside quilts or duvets.**

- 2.5 TOG For room temperatures of 13–20°C
- 1.0 TOG For room temperatures of 20–24°C

### WHAT SHOULD BABY WEAR

with a DREAMPOD	ROOM TEMPERATURE			
	22–24°C	20–22°C	16–20°C	13–16°C
1 TOG 			/	
2.5 TOG 	/			






**Quilt**

A quilt performs the same function as a blanket, but they are often thicker and heavier, usually with a polyester padding. They're a great way to keep your child warm on colder nights, but you should still adhere to the Tog Rating in order to keep them safe.

Quilts should never be used alongside dreampods.

- 2.5–3.0 TOG      For room temperatures of 13–20°C
- 4.0 TOG         For room temperatures of 13–16°C

WHAT SHOULD BABY WEAR

with a QUILT	ROOM TEMPERATURE			
	22–24°C	20–22°C	16–20°C	13–16°C
 <p>2.5–3.0 TOG</p>	/	/		
 <p>4.0 TOG</p>	/	/	/	

We hope this guide has helped you understand the best way to dress your child and their cot for a cool, cosy and safe bedtime.