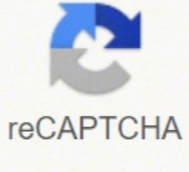




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Next

Baby sleeping bag temperature guidelines

TOG rating	recommended products	ambient room temperature
under 1.0 TOG	classic, organic or silky soft sleeping bag	75° - 81°F 24° - 27°C
1.7 TOG	multi-layer sleeping bag	69° - 74°F 21° - 24°C
2.5 TOG	snug sleeping bag	61° - 68°F 16° - 20°C
3.5 TOG	cozy muslin sleeping bag	54° - 59°F 12° - 15°C

	14°C (57°F)	16°C (61°F)	18°C (65°F)	20°C (69°F)	22°C (71°F)	24°C (75°F)	26°C+ (79°F+)
COOL POUCH (0.2/0.3 TOG)							
MILD POUCH (1.0 TOG)							
WARM POUCH (2.5 TOG)							
WARMEST POUCH (3.5 TOG)							

LEGEND 0.2/0.3 TOG Pouch / Layer / Bodywear 1.0 TOG Pouch / Layer 2.5 TOG Pouch 3.5 TOG Pouch

WHICH TOG DO I NEED?

HOT 24°C and above
Light : 0.5 Tog

WARM 21-24°C
Summer : 1.0 Tog

AVERAGE 18-21°C
Standard / Sleeves : 2.5 Tog

COLD 15-18°C and below
Sleeves recommended : 3.5 Tog



What to wear

The table below shows guidelines for the amount of clothing for your baby and the correct tog of grobag® baby sleeping bag that should be used in different nursery temperatures.

Nursery Temperature	2.5 tog	1.0 tog	0.5 tog
36°C (79°F)			Short sleeved bodysuit
34°C (75°F)		Short sleeved bodysuit	
32°C (71°F)		Long sleeved bodysuit	
30°C (69°F)	Long sleeved bodysuit	Short sleeved bodysuit & pyjama top	
18°C (65°F)	Long sleeved bodysuit & pyjama top		
16°C (61°F)	Long sleeved bodysuit & sleepwear/pyjama set		

Step Two Use the table to match your room temperature with the appropriate TOG in the left column. What is a TOG rating? ergoPouch products are designed towards the age, developmental milestone and physiology of children aged newborn - 6 years old, and the different sleep needs and challenges your child will have during this timeline. The green flags indicate a typical journey through the range based on standard developmental milestones. GSM stands for Grams per Square Metre and is a unit of measurement of the weight and density of a fabric. Log in How often do you ask yourself if your baby is too warm/too cold/just right?! It's the eternal parenting question and one that a parent frets over several times a day (and night), especially for naps and sleeping. The dressing guide is intended as a guide only. Step Four Follow the guide to layer the right undergarments (pyjamas and singlets/bodysuits etc) underneath. The higher the rating, the more padded and insulated it is for warmth. This is because a sleeping bag traps heat much more efficiently and therefore keeps your child warmer than a quilt which allows more airflow. Like all of our sleepwear, it is TOG-rated so that it easily slots into our recommended sleepwear combinations. As your child grows and develops, so too does their style of sleeping. We aim to take the guesswork out of choosing the right sleeping garment for your baby through our TOG-rated, organic breathable products and Dressing Guide. The Warm Half is rated as 7.0 TOG and 500 GSM and is recommended for room temperatures 20°C or less. The Light Half is rated as 3.5 TOG and 350GSM and is recommended for room temperatures 21°C or more. Please consider other factors such as illness, air-conditioning/heating and whether your baby tends to run hot or cold in general. When comparing quilts of different fabrication, it is better to compare TOG ratings than GSM, as fibres trap and distribute heat differently to each other. We can suggest an ergoPouch product for every milestone in the first six years and beyond. SHOP

BEDDING What about the Quilt TOG ratings? Please note: Designed for use with ergoPouch products only. Keep a dressing guide wherever your baby sleeps. Please note: Designed for use with ergoPouch products only. The Single Size quilt is designed for year-round use, with a light half and a warm half. This is because the Tuck Sheet adds an additional layer of warmth to your baby's sleeping environment. Use our handy Milestones Chart to help you decide which products are best for your child at their current age throughout all seasons. Determine the temperature of the room your baby sleeps in using the thermometer strip (this can change over the course of the day and night). Our Convertible Cotton Quilt comprises different TOG-rated halves that zip together or apart for use in the cot and big bed. It may confuse some parents that 3.5 TOG is the warmest TOG rating on our sleeping bags and sleep suits, but the coolest TOG rating on our Cotton Quilts. Most ergoPouch parents are familiar with our green Dressing Guide which comes with all of our pouches and provides guidance on how to match our bodywear, layers and pyjamas with our pouches for the right sleepwear outfit based on the temperature. TOG stands for Thermal Overall Grade and is a unit of measurement for insulation and warmth of sleepwear and bedding. We have recently introduced a tan Dressing Guide which only comes with our Baby Tuck Sheets. Step Four Follow the guide to choose whether you use the 0.2 TOG or 1.0 TOG side of the Baby Tuck Sheet, and which undergarments (pyjamas and singlets/bodysuits etc) should be used underneath. TOG stands for Thermal Overall Grade and is a unit of measurement for insulation and warmth of sleepwear and bedding. What's the difference between TOG and GSM ratings in bedding? Step Three Choose the right corresponding TOG-rated product in a swaddle, sleeping bag, sleep suit bag, or sleep onesie, depending on your child's age, size and developmental milestone stage. The Demi / Cot Size is available for purchase in both light and warm weights, and features zips down both sides, so that it can later be connected to another Demi Quilt to become full-size quilt suitable for a single bed. ergoPouch Arm Warmers can also be used in conjunction with our pouches. Why are there two guides? The dressing guide is intended as a guide only. Please consider other factors such as illness, air-conditioning/heating and whether your baby tends to run hot or cold in general. TOG-rated fabrics are important as your baby cannot regulate their temperature like adults can. Put simply, the lower the TOG rating the lighter the fabric. All ergoPouch sleepwear is TOG-rated and made with organic, breathable natural fibres to ensure your baby can maintain an even body temperature, resulting in a safe and comfortable sleep for your mini — perfect for hot summer nights and cold winter nights! Every ergoPouch Coccoon Swaddle Bag, Sleeping Bag, Sleep Suit Bag, and Sleep Onesie comes with a FREE Room Thermometer and Dressing Guide to keep in your little one's room. TOG Guide for the Baby Tuck Sheet Determine the temperature of the room your baby sleeps in using the thermometer strip (this can change over the course of the day and night).

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