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# WHAT SHOULD BABY WEAR TO SLEEP?

A cool environment is conducive to sleep; but what does that mean baby should wear? We don't want baby to be too hot or too cold... we want them to feel just right!

Right Goldilocks?

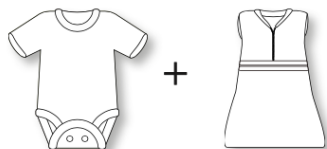
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## How to Best Dress Baby for Sleeping at Different Temperatures

78+°F  
26+°C



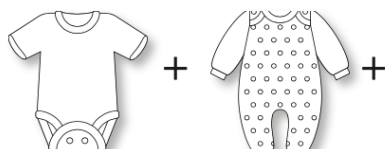
75-77°F  
24-25°C



71-74°F  
22-23°C



69-70°F  
20-21°C



64-68°F  
18-19°C



61-63°F  
16-17°C



< 60°F  
< 16°C



From the AAP:

- Do not let your baby get too hot. This helps reduce the risk of SIDS.
- Keep the room where your baby sleep at a comfortable temperature.
- In general, dress your baby in no more than one extra layer than you would wear. Your baby may be too hot if she is sweating or if her chest feels hot.
- If you are worried that your baby is cold, use a wearable blanket, such as a sleeping sack or warm sleeper that is the right size for your baby. These are made to cover the body and not the head.
- Avoid covering the infant's head.

Source: Adapted from *Safe Sleep and Your Baby: How Parents can Reduce the Risk of SIDS and Suffocation.* (©2011, American Academy of Pediatrics, Updated 10/2016)

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## PRACTICAL SUGGESTIONS:

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1

### **Just get the Zip Up Jammies**

I know the button up ones are cute. I know people will buy them for you. Return them. Get the Zip Up jammies for those middle of the night diaper changes. Trust me.

2

### **Do you like to nap in jeans?**

In general, you want baby to be sleeping in something comfortable. Do you need to change out of day clothes to pajamas for every nap? Not necessarily. But maybe no taffeta dresses if possible.

3

### **Did you know ?**

That the body cools itself through the head and extremities (hands and feet). Think about adding clothing here or removing clothing there to adjust baby's temperature.