

How to dress your baby for sleep

the
lullaby
trust

The recommended room temperature for babies is 16 - 20°C. It can be difficult to guess temperature so use a room thermometer in the rooms where your baby sleeps. The risk of sudden infant death syndrome (SIDS) is higher in babies who get too hot, so it's important to make sure your baby is at a comfortable temperature.



When it's cooler than 16°C

While it can be tempting to wrap your baby up to keep them warm and cosy, it's important to remember that it's possible for them to overheat, and this increases the risk of SIDS.



When it's cooler than 16°C

If you're using a baby sleeping bag, don't add extra blankets on top. Add an extra layer of clothing or choose a higher tog sleeping bag if you think your baby feels cold.



When the room is between 16-20°C

You may choose to use a baby grow and baby sleep bag. Baby sleep bags are a good option for safer sleep. They help stop your baby from wriggling down under covers and getting their head covered.



When the room is between 16-20°C

You might choose to dress your baby in a baby grow, and add a firmly tucked in, lightweight blanket.





When the room is **warmer than 20°C or in hot weather**, it's fine to have your baby in a lightweight layer such as a short sleeve bodysuit, or even just a nappy.



When the room is **much warmer than 20°C or in really hot weather**, it's fine to have your baby in a short sleeve vest or even just a nappy.

Remember that every baby is different and our advice on the ideal room temperature for babies is a guide only. You will still need to check your baby regularly to see if they are too hot.

How to check if your baby is too hot

Feel your baby's chest or the back of their neck (your baby's hands and feet will usually be cooler, which is normal). If your baby's skin is hot or sweaty, it means they are too hot so remove one or more layers of bedclothes or bedding.



Learn more about essential products for safer sleep, products to avoid and how to check a product for safety at: lullabytrust.org.uk/baby-sleeping-products

