

TOG and safety warnings

WARNING! Keep away from fire

- ⚠️ "Do not use if the child's head can pass through the neck opening when the sleep sack is fastened"
- ⚠️ "Ensure that the neck opening and arm openings are securely fastened"
- ⚠️ "Do not use if the child can climb out of the crib"
- ⚠️ "Do not use in combination with other bedding (e.g., crib duvet) to avoid overheating."
- ⚠️ "Take into account the room temperature and the child's sleepwear"
- ⚠️ "Do not use at the first sign of damage"

🔑 Sleeping Bag Guide (TOG Guide)

Room Temperature	TOG Recommendation	What does my baby wear underneath?
> 24 °C	0.5 TOG	Short-sleeve bodysuit
21 – 23 °C	1.0 TOG	Long-sleeve bodysuit
18 – 20 °C	2.5 TOG	Long-sleeve bodysuit + pajamas
Below 18 °C	3.5 TOG	Long-sleeve bodysuit + pajamas + socks

TOG disana knitted sleeping bag = 0.882

We recommend using the sleep sack at a room temperature of 16 °C to 18 °C in combination with a long-sleeve bodysuit and pajamas.

Safety note:

Individual check: "This table serves only as a guideline. Regularly check the back of your child's neck to see if they are sweating or feeling cold. The neck should feel warm, but not damp."

No additional blankets: "Never use an additional blanket or pillow together with the sleep sack. This can lead to dangerous overheating."

Room climate: "The ideal sleeping temperature for babies is between 16 °C and 18 °C."

Head covering: "The child should not wear a hat while in the sleep sack (risk of overheating through the head)."