



## Is my baby too hot?

Small babies are not very good at controlling their own temperature. Overheating is known to be a factor in cot death. So how do we know what is too hot?

A tog measurement is a European warmth rating and has nothing to do with weight; the higher the tog rating, the warmer the product.

Approximately 10 togs of clothing are recommended for 0-1 month old babies at a room temperature of 65-70F/18-20C. The following data can be used as a guide to tog rating in baby clothing and bedding:

Clothing / Bedding	Tog Value
Vest	0.2
Babygro	1
Jumper	2
Trousers	2
Nappy (disposable)	2 (less when wet)
Sleep suit	4
Sheet	0.2
Old blanket	1.5
New blanket	2
Quilt / duvet	9

*Newborns can't regulate their temperature and are vulnerable to overheating*

*Don't overdress your baby in bed*

Swaddling can increase the tog rating by up to 4 times. Likewise, a blanket folded in half doubles the tog rating.

Sleeping bags are usually given a tog rating according to the warmth they provide. Commercial sleeping bags have the following tog ratings:

**2.5 tog:** For use all year and for standard room temperatures of 61-69F/16-20C

**1.0 tog:** For use in warmer weather and in warmer rooms of 69-73F/20-24C

**0.5 tog:** For use in hot weather and warm room temperatures of 73-80F/24-27C

The table below is a guide to the level of clothing suitable to be worn under a commercial sleeping bag for each of the three tog units:

Room Temperature	2.5 tog	1.0 tog	0.5 tog
26°C (79°F)			Short-sleeved bodysuit
24°C (75°F)		Short-sleeved bodysuit	
22°C (71°F)		Long-sleeved bodysuit	
20°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 & sleepsuit/pyjama set		

### How will I know if my baby is too hot or too cold?

Your baby may wake during the night which may be a sign that they are not at a comfortable temperature. If the back of their neck (or their tummy) feels nicely warm then they are fine, if their skin feels damp they may be too hot. Do not worry if their arms, hands or feet feel cool as this is quite normal and helps them to maintain a regular temperature. It is not recommended to put a hat or hood on your baby when they are in bed as this can cause them to overheat. It is better for your baby to be cool rather than hot, and if they are too cold they'll soon let you know!

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