

Strong Beginnings

Sleep Sack TOG Guide

TOG Rating

Room Temp

1.0 TOG and Under

24-27 C or 75.2-80.6 F

1.7 TOG

21-23 C or 69.8-74.4 F

2.5 TOG

16-20 C or 60.8-68 F

3.5 TOG

12-15 C or 53.6-59 F

A cool sleep environment is conducive to GREAT quality sleep.

An ideal temperature is 18-21 C is also recommend as a SIDS safety precaution.



Hi, I'm Ashley Lohse of Strong Beginnings.

If sleep is a struggle, naps and bedtimes are causing your family anxiety, or if all the information in the parenting world has got you in a tailspin, please reach out to me.

I am always happy to take a call or email to discuss ways to improve your child's sleep using holistic, family-centered approaches.

Email: ashley@astrongbeginning.com
[Sleep Talk Facebook Group](#)



[CLICK HERE](#) to watch my free Webclass:

Restful Sleep, Nurtured Baby, Confident Parents:

3 Secrets to Help Your Baby Get the Sleep They Need Without Stress - Guaranteed!