

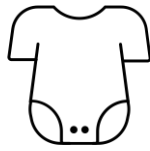


SLEEPY BABY  
Coach

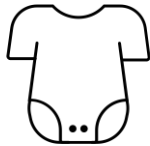
# Baby Sleepwear Guide

SAFE SLEEP

78+°F  
26+°C



75-77+°F  
24-25+°C



+



OR



71-74+°F  
22-23+°C



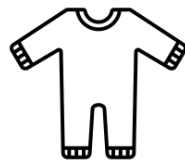
+



OR



69-70+°F  
20-21+°C



+



OR



64-68+°F  
18-19+°C



+



OR



61-63+°F  
17+°C



+



+



<60+°F  
<16+°C



+



+



+



## FROM THE AAP

AVOID BABY GETTING TOO HOT TO REDUCE THE RISK OF SIDS

KEEP THE BABY'S ROOM COMFORTABLE TEMPERATURE

IN GENERAL, DRESS BABY IN +1 LAYER FROM WHAT YOU ARE WEARING

USE A SLEEP SACK INSTEAD OF A BLANKET

AVOID COVERING THE HEAD

BACK IS BEST

NOTHING IN THE CRIB BUT A BABY

*Recommendations for babies  
0-12 months of age.*

\*AAP stands for the America Academy of Pediatrics®