What is a TOG Value? How Should I Dress my Baby for Sleep?

As a parent, you want baby to be as cozy and comfy as possible, especially while sleeping. When looking at blankets and sleepwear you may have noticed the word TOG on various baby sleep garments items.

So, what does TOG mean?

TOG is a unit of measure of thermal insulation used in the textile trade. The British "TOG" value is the international standard measurement of a blanket's thermal effectiveness (how well it keeps you warm).

What SleepSack fabric weight is suitable for my baby's sleeping environment?

When it comes to dressing your baby for sleep, care must be taken to avoid over bundling which can cause overheating—a risk factor for SIDS. Layering can help avoid over bundling as it allows great flexibility in keeping babies warm and cozy without overheating.

The HALO SleepSack wearable blanket and Swaddle are suitable for a wide range of temperatures by adjusting the clothing worn underneath it. Babies can wear anything from just a diaper, to a long sleeve bodysuit or a cotton coverall.

All HALO SleepSack Swaddles and SleepSack wearable blankets have been developed and tested to deliver TOG values that are in the 'safe' range for baby. However, it is important to remember that TOG values apply to each layer of baby's clothing and are additive. The sum of each layer's value equals the total TOG value. For example, if you dress your baby in HALO SleepSack with a TOG of 1 over a cotton bodysuit with a TOG of 1, the total TOG is 2.

All Sleepsack fabrics breathe and wick away moisture to avoid overheating. The following table shows the TOG values for each of our fabrics to help guide you to which fabric is best for your baby. Note that the SleepSack Swaddle values are a little higher as they account for the additional layers of the swaddle wrap.

Comfort Rating	Fabric	TOG	
Warm	100% Cotton Muslin 100% Cotton 100% Organic Cotton	1.5	The SleepSack Swaddle has 3 layers of fabric keeping your baby warm because of the wrap, increasing the total TOG value of blanket. A cotton undergarment works well when coupled with any SleepSack Swaddle to keep your baby comfortable throughout the year.
Warmer	Microfleece Velboa	3	

HALO SleepSack Wearable Blanket

Comfort Rating	Fabric	TOG	
Warm	100% Cotton Muslin 100% Cotton 100% Organic Cotton	0.5	Offers just the right comfort for warmer seasons or climates, can be layered with warmer sleepwear for cooler temperatures.
Warmer	Microfleece Velboa	1.0	Three season comfort, perfect for moderate weather.
Warmest	Winter Weight	2.5	Ideal for chilly seasons and climates.

As a rule of thumb, the American Academy of Pediatrics recommends dressing baby in no more than one layer more than an adult would use to be comfortable in the same environment, baby's head should be uncovered, unless baby weighs less than eight pounds and the room is cold or baby is in a cold environment. The ideal room temperature recommended is between 68-72°F (20-22°C) to avoid overheating.

The best way you can check on your child's temperature is to make sure that baby's extremities — hands, feet, and head — are neither hot nor cold to the touch. Baby's tummy and chest should feel warm and dry, not sweaty or cold.

If the temperature of your home changes throughout the day and night or seasonally, try putting baby to sleep in different clothes for different naps or night time sleep. Temperature and TOG value have an inverse relationship so if the temperature of the room increases or decreases make sure to put baby in the correct TOG value. It can also be helpful to turn on a fan when it is hot and turn it off the fan when it cools down in the room (e.g. in the summer you could turn the fan on when you put your child to bed and turn it off before you go to bed since it is likely to be cooler then).