

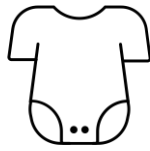


SLEEPY BABY
Coach

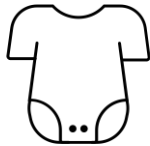
Baby Sleepwear Guide

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



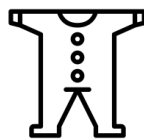
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OR



64-68+°F
18-19+°C



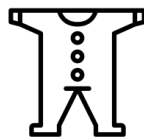
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OR



61-63+°F
17+°C



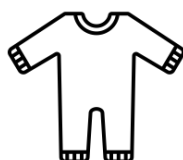
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<60+°F
<16+°C



+



+



+



FROM THE AAP

AVOID BABY GETTING TOO HOT TO REDUCE THE RISK OF SIDS

KEEP THE BABIES ROOM COMFORTABLE TEMPERATURE

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

USE A SLEEPS 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®