

## Baby Sleep Layers Chart for Different Temperatures

To help you dress your baby appropriately for different temperature ranges, refer to the following baby sleep layers chart:

Temperature Range	Base Layer	Mid-Layer	Outer Layer
75°F and above	Short-sleeved onesie or diaper only	N/A	N/A
70-75°F	Short-sleeved onesie or diaper only	N/A	N/A
65-70°F	Short-sleeved onesie or diaper + lightweight sleeper or footed pajamas	N/A	N/A
60-65°F	Short-sleeved onesie or diaper + lightweight sleeper or footed pajamas	Cotton cardigan or sleep sack	N/A
55-60°F	Short-sleeved onesie or diaper + lightweight sleeper or footed pajamas	Cotton cardigan or sleep sack	Wearable blanket or sleep bag
50-55°F	Short-sleeved onesie or diaper + lightweight sleeper or footed pajamas	Cotton cardigan or sleep sack	Wearable blanket or sleep bag

<b>Temperature Range</b>	<b>Base Layer</b>	<b>Mid-Layer</b>	<b>Outer Layer</b>
45-50°F	Short-sleeved onesie or diaper + lightweight sleeper or footed pajamas	Cotton cardigan or sleep sack	Wearable blanket or sleep bag
40-45°F	Short-sleeved onesie or diaper + lightweight sleeper or footed pajamas	Cotton cardigan or sleep sack	Wearable blanket or sleep bag
Below 40°F	Short-sleeved onesie or diaper + lightweight sleeper or footed pajamas	Cotton cardigan or sleep sack	Wearable blanket or sleep bag + hat

Please note that every baby is different, and you should consider their individual preferences and the specific conditions of your home when following the baby sleep layers chart.

Visit [WWW.BABYMUSICLULLABY.COM](http://WWW.BABYMUSICLULLABY.COM) For more Complete Tips & Tricks Baby Sleep Sources