

SLEEPING TEMPERATURES

Always give baby

20°C 68°F or warmer			
18°C - 20°C 65°F - 68°F			
16°C - 18°C 61°F - 65°F			
14°C - 16°C 57°F - 61°F			
12°C - 14°C 54°F - 58°F			
10°C - 12°C 50°F - 54°F			
8°C - 10°C 46°F - 50°F			
6°C - 8°C 43°F - 46°F			
4°C - 6°C 39°F - 43°F			
2°C - 4°C 36°F - 39°F			
0°C - 2°C 32°F - 36°F			
-2°C - 0°C 28°F - 32°F			
-4°C - -2°C 25°F - 28°F			
-6°C - -4°C 21°F - 25°F			
-8°C - -6°C 17°F - 21°F			
-10°C - -8°C 14°F - 17°F			
-12°C - -10°C 10°F - 14°F			
-14°C - -12°C 7°F - 10°F			
-16°C - -14°C 3°F - 7°F			
-18°C - -16°C 0°F - 3°F			
-20°C - -18°C -4°F - 0°F			
-22°C - -20°C -8°F - -4°F			
-24°C - -22°C -11°F - -8°F			
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