

### General rules for a well fitting sleeping bag:

The sleeping bag has to be adapted to the room temperature not the season.

The sleeping bag has to be matched the child's body measurements.

Sleeping bags are available for different room temperatures and in all necessary sizes, as well as for newly borns, early borns and children with hip spica cast.

**For the size following applies:** Your child has to grow out of the sleeping bag. Your child should not grow into the sleeping bag, which would mean the sleeping bag is too big!



Further detailed information on the choice of the correct sleeping bag, also for the institutional use in birth clinics can be found in the brochure which can be downloaded on [www.praeventionskonzept.nrw.de](http://www.praeventionskonzept.nrw.de)

Further information on healthy sleep can be found in the **Safe sleep for my baby** brochure or on the website [www.schlafumgebung.de](http://www.schlafumgebung.de)

Englische Version

## The safe sleeping bag

### Information about the choice and usage of Baby sleeping bags

To ensure a safe sleep for your baby, you should always use a sleeping bag; day and night, at home and abroad.

#### Herausgeber

Ministerium für Gesundheit,  
Emanzipation, Pflege und Alter  
des Landes Nordrhein-Westfalen  
Referat "Politische Planung, Reden"  
Horionplatz 1, 40213 Düsseldorf

Telefon: 0211 8618-50  
E-Mail: [info@mgepa.nrw.de](mailto:info@mgepa.nrw.de)  
Internet: [www.mgepa.nrw.de](http://www.mgepa.nrw.de)

© 2015/MGEPA 181

#### Redaktion

Landeszentrum Gesundheit  
Nordrhein-Westfalen  
(LZG.NRW)

Westerfeldstr. 35/37  
33611 Bielefeld  
Telefon: 0521 80070  
E-Mail: [poststelle@lzg.nrw.de](mailto:poststelle@lzg.nrw.de)  
Internet: [www.lzg.nrw.de](http://www.lzg.nrw.de)

#### Autorin

Hildegard Jorch,  
Münster

### Always use a sleeping bag instead of a blanket.

There are several reasons why:

- In a fitting sleeping bag your child sleeps safer.
- It will always be warm and comfortable, even if it moves and pedals.
- In a fitting sleeping bag your Baby will neither sweat nor be cold.
- In a fitting sleeping bag the danger of hyperthermia and coverage is significantly reduced.
- In a fitting sleeping bag the child is less likely to turn to the risky prone position.

## What you should pay attention to:

Unfortunately, there is no norm and seal of approval for safe sleeping bags yet, but a seal of approval is in preparation. Therefore, you yourself have to pay attention to certain points, so that your child can sleep well and safe.

**First of all, the right size:** All measurements of the sleeping bag should be adjusted to the body size of the child, this is also important for newly borns. Please do not buy a sleeping bag that is too big, in which the child would have to grow into. This could harm your baby.

**Fitting width and length of the sleeping bag:** The sleeping bag should fit your child in terms of body length and breast. Standard for the length of the sleeping bag: length of child minus length of head plus 10-15 cm for growth and movement.

**Fitting throat cut out:** It should be small, so that your child's head cannot slip through and cannot sink into the sleeping bag. But it should also be big enough as not to cut into the throat of your child. Rule: An adult's finger should fit between the throat of the child and the sleeping bag's throat cut out.

**Fitting arm cut outs:** The arm cut outs should not be too big, as your child's arms, or the child itself, might sink into the sleeping bag. (Source of accidents!). The sleeping bag should not have any waist bands in the area of the arm cut outs (another source of accidents!) and no buttons to adjust the size of the cut outs.

**Plane, even backside:** The backside of the sleeping bag, inside and outside, should not have any rubber bands, fabric elevations or other fabric gatherings.

### For the fasteners, the following should be noted:

A **middle zipper** should only be closed downwards, towards the feet.

**Buttons** should only be in the shoulder area or in the middle part of the sleeping bag, serving as fasteners. They must always be closed when the sleeping bag is in use. Sewed on buttons must be tested on their tear resistance, push buttons on whether they close properly.

**Velcro fasteners** must have to withstand the movement of the child and should not open easily from light movement. They must be placed so that when adjusting the throat and arm cut outs, these cannot be made too big.

### What to consider when buying sleeping bags with special requirements?

For **children under surveillance** sleeping bag with cable openings are required. Children with **hip spica cast** require sleeping bags with especially big, wide foot part but a with a normal upper part.

### Here the chemical-physical requirements you should take seriously when buying a sleeping bag :

- **Wash ability** of minimum 40 C, tumble-dry resistant.
- High **breathability** of the fabric, which means that the fabric is able to absorb and release moisture quickly. Material with a high percentage of cotton is of advantage.
- **Sweat and saliva resistant fabrics** and dye, no azo dye.
- **Pilling stability:** no fibrous materials should form when using the fabric, as these might come off.
- **no flame retardant and softening agents** in the fabrics and materials, also not in the lining.
- **no optical brighteners** that are in skin contact with the child.
- **nickel free buttons and zippers.**
- **no organic phosphor compounds, formaldehyde compounds and heavy metal compounds** (e.g. arsenic and antimony compounds) used as equipment or ennoblement in the fabric and lining material.
- the **sleeping weight** should preferably not be higher than 10% of the child's weight.
- Certification according to **Oeko Tex standard 100.**

**If some of these points are not found on the package of the sleeping bag, to not hesitate to ask the sales person for further information.**