



## Keep your baby from getting too hot and keep baby's head and face uncovered during sleep.

*If your baby gets too hot, your baby may have trouble waking up and getting oxygen.*

### How to keep your baby from getting too hot:

- Keep the room temperature where baby is sleeping comfortable enough for a lightly clothed adult.
- Use a lightweight sleep sacks instead of a blanket.
- Keep your baby's head free of hats or other covering when indoors. A sweating or damp baby is too hot.



### Remind everyone:

Keep baby's head and face uncovered during sleep and dress your baby in lightweight sleep clothes.



**Don't put your baby to sleep crib clutter.**



**Do place your baby to sleep in a clear crib.**



### ALSO IN THIS SERIES:

Back to Sleep  
Room Sharing  
Soft Objects  
Swaddling

### Let's Talk - Overheating

Do not over bundle your baby and avoid covering baby's head and face.

For content resources, visit: [dshs.texas.gov/SafeInfantSleep](https://dshs.texas.gov/SafeInfantSleep)



## Keep your baby from getting too hot and keep baby's head and face uncovered during sleep.

### Family and Caregiver Common Questions

#### Why can't the baby have a blanket? What about hats?

Blankets and other soft items in the crib increase your baby's risk for suffocation. Unlike adults and older children, a baby can't roll over or move items out of the way.

Also, hats and other soft items can slide off and block the airway, too.

#### How do I know when my baby is getting too hot?

As a general rule, if the room temperature is comfortable for you, it's most likely comfortable for your baby too!

You may have heard that to keep your baby healthy, your baby must stay warm. This is often a common message from grandparents and other family, so it is important to share with other caregivers how to identify when a baby is too hot. Let those caring for your baby know to check for sweating or feel baby's chest to see if it feels hot.

#### When should I use a blanket? What if my home is cold?

To keep your baby warm, use a sleep sack or footed-sleep clothing. You can also dress your baby in layers that can be removed if your baby's face becomes too red or you notice your baby is sweating.

Using blankets, wearing hats indoors, or using too many layers of clothing can trap in body heat. Blankets also increase the risk of covering your baby's head and face, making it harder for your baby to breathe.

Young babies and those born too early sometimes have trouble keeping a normal body temperature which can also impact how their heart and other body systems work.



#### Let's Talk - Circle of Support

Continue to share safe infant sleep information with parents and caregivers throughout the first year to increase their use of safe sleep practices!

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