

# Kaarsgaren sleeping bags - how to choose the right insulation




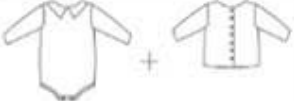



**Tog 3,5** – 13 to 16 °C;

**Tog 2,5** – 16 to 20 °C;

**Tog 1** – 20 to 24 °C;

**Tog 0,5** – 24 to 27 °C.

**Table B.1 — Example of relationship between the room temperature and the appropriate nightwear for children's sleep bag without sleeves**

Room temperature	Thermal resistance <sup>a</sup>			
	0,35 m <sup>2</sup> ·K/W	0,25 m <sup>2</sup> ·K/W	0,10 m <sup>2</sup> ·K/W	0,05 m <sup>2</sup> ·K/W
24 °C to 27 °C				
22 °C to 24 °C				
20 °C to 22 °C				
18 °C to 20 °C				
16 °C to 18 °C				
13 °C to 16 °C				

<sup>a</sup> In some countries, the thermal resistance is expressed as "tog", for which 1 tog represents 0,1m<sup>2</sup>·K/W. Respectively, 0,35 m<sup>2</sup>·K/W, 0,25 m<sup>2</sup>·K/W, 0,10 m<sup>2</sup>·K/W and 0,05 m<sup>2</sup>·K/W are 3,5 tog, 2,5 tog, 1,0 tog and 0,5 tog.