



Dear disana partner

## You asked about the TOG values of our sleeping bags?

### BUT what's actually a TOG-value?

The TOG (Thermal Overall Grade) is a unit of measurement that shows the thermal resistance of textiles. The higher the value, the warmer the article, for example a sleeping bag.

The "correct" TOG value largely depends on the temperature of the room in which the baby sleeps. The recommended temperature for a child's room is 16-18 ° C.

Which TOG value can be used at which temperature is usually indicated as follows:

- 0.5 TOG: Summer sleeping bag for hot temperatures from 22 ° C
- 1.0 TOG: Light sleeping bag at temperatures of 19-24 ° C
- 1.5 TOG: Medium-weight sleeping bag at temperatures of 18-21 ° C
- 2.0 TOG: Lined sleeping bag at temperatures of 17-20 ° C
- 2.5 - 3 TOG: Heavily lined sleeping bag at temperatures below 16 ° C

### WHAT does this TOG value say?

The disana Sleeveless Sleeping Bag and the Long-Sleeve Sleeping Bag were measured with a TOG of 1.7. The disana Boiled Wool Sleeping Bag with a TOG of 1.8.

That shows the problem with this TOG system, which is currently so popular with many manufacturers.

Only the thermal resistance of the material is measured. Since both disana sleeping bags are made from the same organic wool, the resistance of the material is of course almost the same.

**The TOG value does not consider or does not sufficiently consider if the material was not only knitted but also boiled and felted afterwards. In addition to that, the TOG value does not take into account whether a sleeping bag has or doesn't have sleeves.**








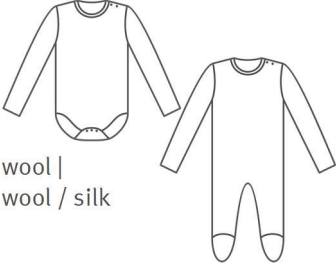



## disana RECOMMENDATION | disana Knitted Sleeping Bag

We recommend to rely more on common sense than on theoretical values when choosing the sleeping bag and the right clothing.

We recommend our disana Sleeveless Sleeping Bag and Long-Sleeve Sleeping Bag for the warm season when the room temperature hardly drops below 18 ° - 20 ° C, even at night.

A short-sleeved body made of fine wool or wool/silk can be worn directly on your baby's skin and over the diaper package. Wool balances out temperatures perfectly and your child will never get too hot or too cold under a wool body.

Over the wool body, you can put on light terry pyjamas, also made of wool. You can skip the pyjamas in tropical nights with over 25 ° C.

				disana RECOMMENDATION		
				+ 25 ° C	24 ° - 22 ° C	21 ° - 18 ° C
 <p><b>disana</b> <b>Sleeveless Sleeping Bag</b></p>				 <p>wool   wool / silk</p>	 <p>wool   wool / silk</p> <p>terrycloth – pyjamas   wool</p>	 <p>wool   wool / silk</p> <p>terrycloth – pyjamas   wool</p>
 <p><b>disana</b> <b>Long-Sleeve Sleeping Bag</b></p>				 <p>wool   wool / silk</p>	 <p>wool   Wool / Silk</p> <p>terrycloth – pyjamas   wool</p>	 <p>wool   wool / silk</p> <p>terrycloth – pyjamas   wool</p>





## disana RECOMMENDATION | disana Boiled Wool Sleeping Bag

Our disana Boiled Wool Sleeping Bag is heavier and comes with a light cotton lining. It is therefore intended for the cold season and room temperatures of 16 ° - 20 ° C.

Same as with the other sleeping bags, you put your child in a wool or wool/silk body. In Winter time with long sleeves.

The pyjamas should also be made of wool terry, in a slightly heavier quality and with sleeves.

		disana RECOMMENDATION		
		20 - 18 °C	18 ° - 16 °C	
 <b>disana Boiled Wool Sleeping Bag</b>	 wool   wool / silk	 terrycloth - pyjamas   wool	 wool   wool / silk	 terrycloth - pyjamas   wool

Do you have any questions? Contact us! Our team will be happy to answer them!

Best regards,

Elmar Sautter  
CEO

