## This garment is intended to be used over pyjamas/pajamas.











## RECOMMENDED CLOTHING BY ROOM TEMPERATURE

	14°C (57°F)	16°C (61°F)	18°C (64°F)	20°C (68°F)	22-24°C (72-75°F)	24-27°C (75-81°F)
WARM						Ħ
MODERATE				H+T	Ħ	Ħ
MILD			H+T	#+ I)	$\widehat{\mathcal{H}}$	
STATE COOL		H+T	#+ U	Ĥ		
COLD COLD	H+0	R				