

Reduce Sweating In Your Baby While They're Asleep



Maintain a room temperature of 68° to 72°F (20° to 22°C).



Keep a room thermometer to monitor the temperature. It should be between warm and cold and not hot.

Dress your baby in breathable and comfortable clothing according to the season.



Don't wrap them up in too much clothing to keep them warm.

Ensure the baby is well-fed, dry, and calm to prevent crying-induced sweating.



If required, change their sleeping spot and check if the sweating stops.
