



Children's Burn Foundation

Giving New Hope

Sleepwear Facts and Tips

Did you know...

- Pre-school children are twice as likely to die from a fire than other age groups.
- Approximately 90 children are burned yearly while wearing sleepwear.
- The risk for burns can be decreased if children wear flame resistant or 100% polyester sleepwear.
- Three hundred children are burned yearly while wearing loose-fitting T-shirts or other loose-fitting clothes to sleep.
- Tight-fitting (skin tight) sleepwear that is not flame resistant also reduces the risk of burns.

Flame Resistant Sleepwear

- Material that is 100% polyester is flame resistant.
- Resistance is not decreased by repeated washings.
- Comes in sizes 0-6X and 7-14
- Is the safest choice because:
 - Ignition is difficult.
 - The fire goes out once the flame is removed.
 - Spread of flame is slow and self-extinguishing.
 - Material shrinks away from the heat source, melts and forms holes.
 - Potential for burn to be small if one does occur.

Tight-Fitting Garments

- Long underwear or ski pajamas with a tight fit at the wrist, waist and ankles is a good alternative to flame resistant sleepwear because it:
 - Reduces the risk of contact with flames.
 - Decreases amount of air between garment and child's body. (Air is required for flames.)
- Burn injuries with tight-fitting garments may be less severe than with looser garments
- Garments should be:
 - Almost skin tight;

- Fitted at wrist, waist and ankles;
- Purchased to fit the child now;
- Not purchased to accommodate a child's growth.

Cotton or Cotton Blend Sleepwear

- Loose-fitting, oversized clothes (i.e., T-shirts, nightgowns, sleep shirts and robes) are dangerous for children to sleep in because they are:
 - Extremely flammable;
 - Ignite easily;
 - Allow flames to spread rapidly and easily.

Ornamentation (Trim, Lace, Decorations etc.) on Sleepwear

- Should be made of flame resistant polyester.
- All trim, regardless of material, should be no more than 1/8 inch long.
- All trim, regardless of material, should be 1/8 inch away from the surface of a garment.