Health Canada Santé Canada

Canada

Children’s Sleepwear

Guidelines for the flammability requirements of the *Children’s Sleepwear Regulations*

January, 2026

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Vêtements de nuit pour enfants – Lignes directrices des exigences en matière d'inflammabilité du *Règlement sur les vêtements de nuit pour enfants*

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1. Introduction

This document provides information about the safety requirements that apply under the *Canada Consumer Product Safety Act (*CCPSA) to children's sleepwear in sizes up to and including 14X that is manufactured, imported, advertised or sold in Canada.

This document is an unofficial summary of the safety requirements for children's sleepwear set out in the *Children's Sleepwear Regulations* under the CCPSA. It is not intended to substitute, supersede or limit the requirements under the applicable legislation. In case of any discrepancy between this summary and the legislation, the legislation will prevail.

The guidelines presented in this document reflect the current Health Canada policy and were developed in consultation with the children's sleepwear industry. They outline the design and dimensional criteria used by Health Canada to assess individual products against the definitions in the Regulations.

This document may be updated from time to time. To obtain additional information, contact a Health Canada Consumer Product Safety Office using the Enquiry form or by telephone at 1-866-662-0666 (toll-free within Canada and the United States).

2. Legislation

Health Canada's Consumer Product Safety Program administers and enforces the CCPSA and its regulations. The Program operates as a post-market regulatory regime, meaning that there is no pre-market review or approval of consumer products by Health Canada. It is the responsibility of industry to ensure that the products they supply to the Canadian market comply with the CCPSA and its regulations.

In addition to the requirements specified in the *Children's Sleepwear Regulations*, children's sleepwear is subject to the general requirements of the CCPSA. For example, it is prohibited to manufacture, import, advertise or sell any consumer product that is a "danger to human health or safety" as defined in the CCPSA (see paragraphs 7(a) and 8(a)). Other regulations under the Act may also apply. For more information see the Act and appendices 3 and 4 of this document.

Enforcement actions taken on non-compliant products depend on factors such as the

degree of risk associated with a non-compliant product, the willingness of the responsible person to voluntarily comply and their compliance history. Enforcement actions may include commitment to product correction by industry, negotiation with industry for the voluntary removal of non-compliant products from the market, mandatory recall, seizure and/or prosecution under the CCPSA. Any person that manufactures, imports, advertises or sells non-compliant products that result in property damage, injury or death may also be subject to legal liability.

3. What is children's sleepwear?

For the purposes of the *Children's Sleepwear Regulations*, children's sleepwear refers to children's garments in sizes 0 to 14X that are manufactured, imported, advertised or sold for the purpose of sleeping or activities related to going to sleep. Nightgowns, pyjamas, sleepers and bathrobes are examples of children's sleepwear.

Health Canada takes into consideration several criteria to determine whether a garment is considered sleepwear including design and fabric choice, advertisement, current trends and the likelihood that the garment could be used for sleeping or activities related to going to sleep. Children's garments that resemble sleepwear are generally considered to be sleepwear for the purpose of the *Children's Sleepwear Regulations*. For example, loungewear, whether sold separately or as a top and pants set, is considered to be children's sleepwear subject to the requirements of the *Children's Sleepwear Regulations*. For additional information, see Appendix 2. A label on a children's garment that declares it is intended to be used for a purpose other than sleeping or activities related to going to sleep will not, in and of itself, exempt the garment from the requirements of the *Children's Sleepwear Regulations*.

3.1. Differentiating between children's sleepwear and adult's sleepwear

Chest and seat circumference are used to differentiate between children's sleepwear and adult's sleepwear. Children's sleepwear in sizes up to and including 14X, is subject to the requirements of the *Children's Sleepwear Regulations*, and adult's sleepwear, is subject to the requirements of the *Textile Flammability Regulations*.

In general, children's sleepwear in sizes up to and including 14X, other than sleepers, has:

- a maximum chest circumference of 980 mm, and

- a maximum seat circumference of 980 mm.

In general, children's sleepers in sizes up to and including 14X have:

- a maximum chest circumference of 1000 mm, and
- a maximum seat circumference of 1040 mm.

These sizing guidelines are based on dimensions specified in the National Standards of Canada for sizing children's garments and the United States *Code of Federal Regulations* (CFR) standards for children's sleepwear. Since no national standards exist for size 14X children's sleepwear, the dimensions specified in this document were developed in consultation with experts in this area.

Sleepwear that is manufactured, imported, advertised or sold as children's sleepwear, but has a chest or seat circumference greater than the maximum values specified above for size 14X, is considered to be children's sleepwear and is subject to the requirements of the *Children's Sleepwear Regulations*. For example, a polo pyjama that has a chest circumference greater than 980 mm and is labelled "Size 14X" must meet the requirements for loose-fitting sleepwear (see the criteria for polo pyjamas set out in this document).

Sleepwear that is manufactured, imported, advertised or sold exclusively as adult's sleepwear, but that has a chest or seat circumference less than or equal to the maximum value specified above for size 14X, is considered to be adult's sleepwear and is subject to the requirements of the *Textile Flammability Regulations*.

4. Flammability requirements for children's sleepwear

The flammability of children's sleepwear in sizes up to and including 14X is regulated under the *Children's Sleepwear Regulations*. The Regulations were created to address burn injuries and deaths in children from wearing loose-fitting flammable sleepwear, such as cotton night gowns, that could easily come into contact with flame sources, such as lighters, and burn rapidly. The Regulations and the Children's Sleepwear Guidelines have helped to dramatically decrease the number of burn injuries and deaths.

There are distinct flammability requirements for two basic types of children's sleepwear: tight-fitting and loose-fitting.

- Tight-fitting sleepwear

  Less stringent flammability requirements apply to products classified as tight-fitting sleepwear.

  In general, tight-fitting sleepwear made with tight cuffs at the end of the sleeves and pant legs is less likely to make contact with an ignition source (for example the flame from a candle, a lighter or a stove) compared to loose-fitting sleepwear. Tight-fitting sleepwear that does not have tight cuffs but is tight-fitting overall, such as a camisole or leggings made of resilient and stretchable fabric (able to rebound or spring back into shape), is also less likely to contact an ignition source. The tight fit also limits the amount of oxygen available to feed a fire, thereby reducing the size, severity and rate of the burn should ignition occur.

  Sleepwear designed for use by children in a hospital or for use by infants before they learn to walk, whether or not they are tight-fitting in design, is also less likely to come into contact with an ignition source.

- Loose-fitting sleepwear

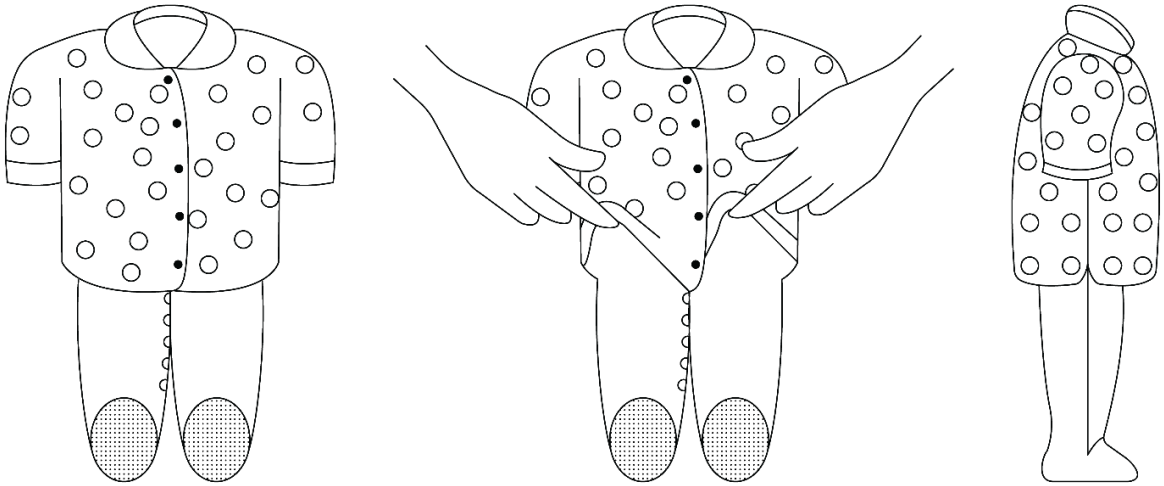
  More stringent flammability requirements apply to products classified as loose-fitting sleepwear.

  In general, loose-fitting sleepwear, particularly sleepwear with wide sleeves, pant legs or skirts, can come into contact with an ignition source more readily and will burn more rapidly compared to tight-fitting sleepwear. This is due to the presence of oxygen on both sides of the garment, which causes an accelerated rate of burn. This may result in severe burns to large areas of the body, shock or death.

NOTE: When sleepwear consists of two or more garments of different styles that can be worn either together or separately, each garment must be evaluated separately to determine applicable requirements. For example, in a set composed of a loose-fitting nightshirt, and tight-fitting leggings, the nightshirt is subject to the requirements for loose-fitting sleepwear while the leggings are subject to the requirements for tight-fitting sleepwear.

If a tight-fitting sleepwear has been modified by a permanent addition that changes its style, even partially, to a style subject to the loose-fitting sleepwear requirements, such as a tight-fitting sleeper with an attached loose-fitting shirt-style pyjama top (see Figure 1), the whole garment is subject to the requirements applicable to loose-fitting sleepwear.

Figure 1. Example of a modified sleeper



4.1. Flammability requirements for tight-fitting sleepwear

Under section 1 of the *Children's Sleepwear Regulations*, the term "tight-fitting sleepwear" refers to any children's sleepwear in sizes up to and including 14X, other than loose-fitting sleepwear. It includes, sleepwear designed for infants weighing up to 7 kg, polo pyjamas, sleepers, and sleepwear designed for use in a hospital. Health Canada uses the design, dimensional and labelling criteria set out in this section of the document to determine if children's sleepwear is tight-fitting.

Children's textile sleepwear accessories worn during sleep or activities related to going to sleep, such as night caps and sleep masks, are also subject to the flammability requirements for tight-fitting sleepwear. This applies whether or not the accessory is sold with a sleepwear garment.

4.1.1. Design, dimensional and labelling criteria for tight-fitting sleepwear

4.1.1.1. Sleepwear designed for infants weighing up to 7 kg

Design criteria

There are no design criteria.

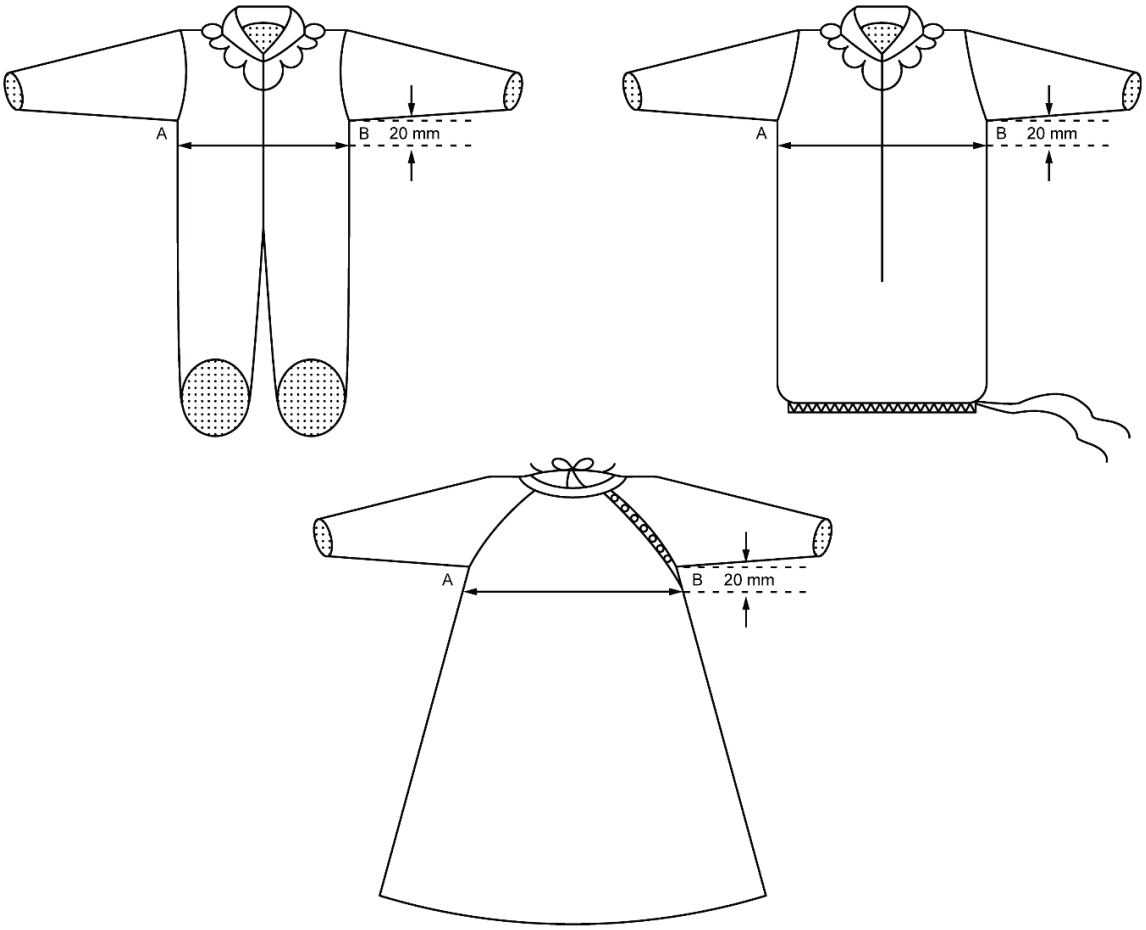
Dimensional criteria

Table 1. Maximum dimensions for sleepwear designed for infants weighing up to 7 kg *

Size	Chest Circumference (twice A-B)
0-9 months	508 mm

* See Figure 2 and Appendix 1 for measuring instructions.

Figure 2. Examples of sleepwear designed for infants weighing up to 7 kg



Labelling criteria

Sleepwear designed for infants weighing up to 7 kg has a maximum size of 9 months. The label states the numeric size of the garment in months, such as “0-3 months”. A garment can have a label stating both the numeric and non-numeric size, such as “Small (0-3 months)”, but a label stating the non-numeric size only, such as “Small”, “Newborn” or “One Size Fits All”, is considered insufficient.

NOTE: Infant sleepwear that does not meet these dimensional and labelling criteria for sleepwear designed for infants weighing up to 7 kg is subject to the requirements appropriate to its design.

For example, an infant sleeper with a chest circumference greater than 508 mm should meet the design, dimensional and labelling criteria for sleepers as set out in this document to be subject to the flammability requirements for tight-fitting sleepwear, otherwise it is subject to the flammability requirements for loose-fitting

sleepwear.

As another example, an infant robe with a chest circumference greater than 508 mm is subject to the flammability requirements for loose-fitting sleepwear.

4.1.1.2. Polo pyjamas

A polo pyjama is designed to be a tight-fitting, two-piece pullover top and pants set. The length of the sleeves and pant legs may vary; camisoles, sleeveless tops, tops with cap sleeves, tops with long sleeves, pants, capris and shorts are included in this sleepwear category. Polo pyjamas have tight cuffs at the end of the sleeves and pant legs and/or are made of resilient, stretchable fabric. The end of the pant legs may have stirrup straps.

NOTE: A two-piece pullover top and pants set that does not meet the design, dimensional and labelling criteria outlined below for polo pyjamas, is subject to the requirements for loose-fitting sleepwear.

Design criteria

Tight fit: Polo pyjamas are designed to fit closely to the body throughout the product's lifespan. This helps minimize loose edges that can contact an ignition source.

There are several ways to achieve a tight fit. One way is to place tight cuffs at the end of the sleeves and pant legs. This can be done with sleeves and pant legs of varying lengths. Resilient, stretchable materials that do not stretch out during the foreseeable life of the product, such as those that incorporate spandex, stretch terry cloth, some rib knit fabrics, tunneled elastic (where elastic passes through a "tunnel" in the garment) and elasticized trim, are suitable for making tight cuffs.

Another way to achieve a tight fit is to make the garment out of resilient, stretchable fabrics, such as those that incorporate spandex, stretch terry cloth or rib knit fabric, that do not stretch out during the foreseeable life of the product. Tight-fitting sleeves and pant legs made of a resilient, stretchable fabric do not require tight cuffs at the ends.

Pullover top: The top is pulled over the head. The top does not have loose edges along its length that are fastened by any means (such as with buttons, snaps, hook and loop fasteners, for example Velcro, or a zipper), except at the neck.

Neck opening: The lowest possible point of the neck opening is not lower than line A-B, where the chest circumference is measured (see Figure 3 and Appendix 1 for measuring instructions).

Length of top: The top is the same length all around (line K-L; see Figure 3 and Appendix 1 for measuring instructions). The hem at the waist is not curved in any way.

Lettuce edges: Lettuce edges that stretch the fabric into a ruffle are not present anywhere other than at the neck.

Loose edges: Loose edges at the neck are not greater than 50 mm when measured from their point of attachment to the outer surface of the garment (see Appendix 1 for measuring instructions). This includes, but is not limited to, frills, ruffles, flaps, tabs and collars.

Loose edges anywhere except at the neck are not greater than 6 mm when measured from their point of attachment to the outer surface of the garment (see Appendix 1 for measuring instructions). This includes, but is not limited to, vanity tags, ornaments or trim such as appliqués, embroidery, lace or ribbon. Fabric that extends outwards from a closure (such as a button, snap, hook and loop fastener, stitching or a zipper) is also considered a loose edge.

Pockets and similar openings: Openings other than around the neck and waist or at the end of the sleeves and pant legs, such as pocket openings, pant flies, bum flaps, thumb holes and spaces between closures (such as buttons, snaps or ties), lie smooth and close against the body and do not pucker or open wide during wear.

Dimensional criteria

Table 2. Maximum dimensions for the opening at the end of sleeves and pant legs of polo pyjamas*

Size	Top ** Wrist Circumference (twice Q-R)	Forearm Circumference (twice Q-R)	Upper Arm Circumference (twice Q-R)
0-2	115 mm	150 mm	160 mm
3-4	125 mm	160 mm	170 mm
5-6X	130 mm	170 mm	190 mm
7-10	140 mm	200 mm	220 mm
12-14X	155 mm	240 mm	260 mm
	Pants Ankle Circumference (twice Q-R)	Calf Circumference (twice Q-R)	Thigh Circumference (twice Q-R)
0-2	140 mm	190 mm	300 mm
3-4	160 mm	220 mm	330 mm
5-6X	190 mm	230 mm	380 mm
7-10	200 mm	280 mm	450 mm
12-14X	210 mm	330 mm	530 mm

* See Figure 3 and Appendix 1 for measuring instructions.
** Does not apply to camisoles, sleeveless tops or tops with cap sleeves. See Table 4 for the applicable dimensional criteria.

Table 3. Maximum dimensions for polo pyjamas*

Size	Top **			
	Chest Circumference (twice A-B)	Waist Circumference *** (twice A'-B')	Wrist Circumference (twice I-J)	Length (K-L)
0-2	740 mm	≤ 740 mm	285 mm	400 mm
3-4	780 mm	≤ 780 mm	290 mm	450 mm
5-6X	830 mm	≤ 830 mm	295 mm	525 mm
7-10	900 mm	≤ 900 mm	305 mm	590 mm
12-14X	980 mm	≤ 980 mm	315 mm	650 mm

	Pants		
	Seat Circumference (twice C-D)	Thigh Circumference (twice G-H)	Ankle Circumference (twice E-F)
0-2	725 mm	410 mm	310 mm
3-4	725 mm	435 mm	320 mm
5-6X	795 mm	470 mm	330 mm
7-10	850 mm	530 mm	350 mm
12-14X	980 mm	590 mm	370 mm

* See Figure 3 and Appendix 1 for measuring instructions.
** Does not apply to camisoles, sleeveless tops or tops with cap sleeves. See Table 4 for the applicable dimensional criteria.
*** The actual waist circumference does not exceed the actual chest circumference.

Figure 3. Example of a polo pyjama showing the dimensional criteria measurement locations. Refer to the text and tables for details.

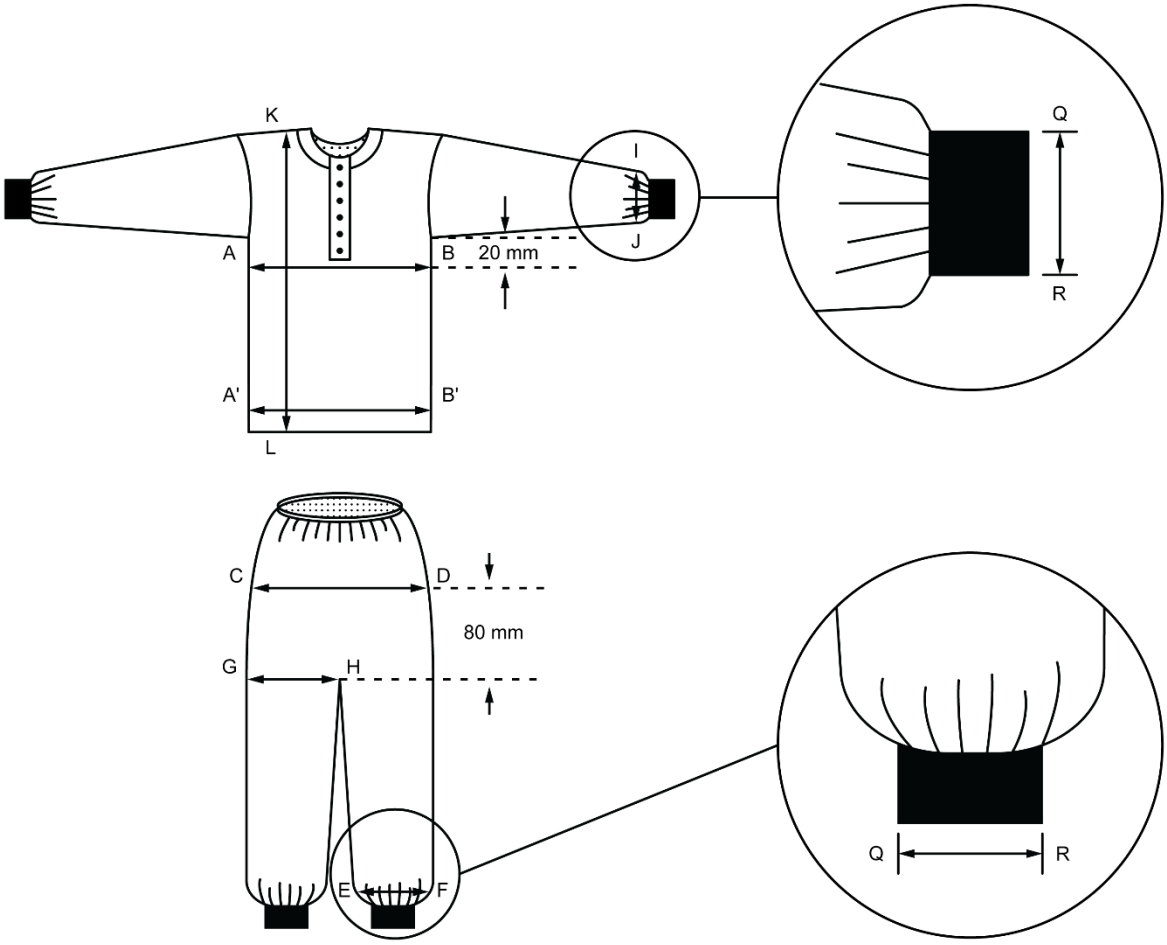
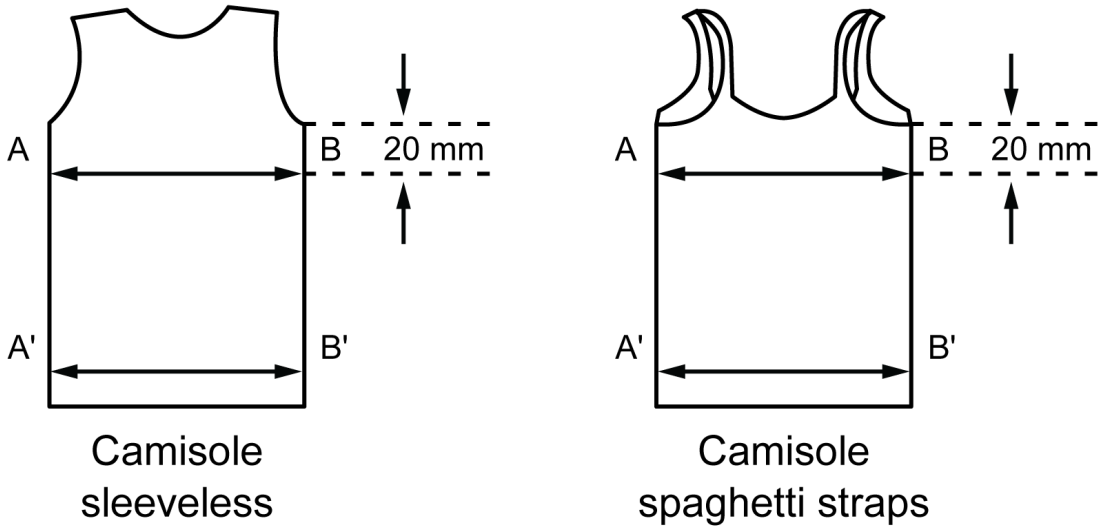


Table 4. Maximum dimensions for camisoles, sleeveless tops and tops with cap sleeves *

Size	Chest Circumference (twice A-B)	Waist Circumference ** (twice A'-B')
0-2	525 mm	≤ 525 mm
3-4	560 mm	≤ 560 mm
5-6X	630 mm	≤ 630 mm
7-10	715 mm	≤ 715 mm
12-14X	815 mm	≤ 815 mm

* See Figure 4 and Appendix 1 for measuring instructions.
** The actual waist circumference does not exceed the actual chest circumference.

Figure 4. Examples of a camisole/sleeveless top showing the dimensional criteria measurement locations. Refer to the text and tables for details.



Labelling criteria

The label states the numeric size of the garment, such as “Size 8”. A garment can have a label stating both the numeric and non-numeric size, such as “Medium (8-10)”, but a label stating the non-numeric size only, such as “Medium” or “One Size Fits All”, is considered insufficient.

4.1.1.3. Sleepers

A sleeper is designed to be a tight-fitting one-piece garment with pant legs, or a two-piece set consisting of a top and pants that can be joined at the waist using buttons, snaps, hook and loop fasteners, a zipper or other means. The end of the legs can have feet. Sleepers with feet have tight cuffs at the end of the sleeves and/or they are made of a resilient stretchable fabric. Sleepers without feet have tight cuffs at the end of the sleeves and legs and/or they are made of a resilient stretchable fabric.

NOTE: A one-piece garment with legs, or a two-piece top and pants set that can be joined at the waist, that does not meet the design, dimensional and labelling criteria outlined below for sleepers, is subject to the requirements for loose-fitting sleepwear.

Design criteria

Tight fit: Sleepers are designed to fit close to the body for the foreseeable life of the product. This helps to minimize loose edges that can come into contact with an ignition source.

There are several ways to achieve a tight fit. One way is to place tight cuffs at the end of sleeves and pant legs (excluding pant legs with feet). This can be done with sleeves and pant legs of varying lengths. Resilient, stretchable materials that do not stretch out during the foreseeable life of the product, such as those that incorporate spandex, stretch terry cloth, some rib knit fabrics, tunneled elastic (where elastic passes through a “tunnel” in the garment) and elasticized trim, are suitable for making tight cuffs.

Another way to achieve a tight fit is to make the garment out of a resilient, stretchable fabric such as those that incorporate spandex, stretch terry cloth or a rib knit fabric that will not stretch out during the foreseeable life of the product. Tight-fitting sleeves and pant legs made of a resilient, stretchable fabric do not require tight cuffs at the ends.

Two-piece sleeper – top attached to pants: The top stays tucked inside the pants when the top and pants are joined together by any means (such as with buttons, snaps, hook and loop fasteners or a zipper).

Two-piece sleeper – length of top: The top is the same length all around (line K-L; see Appendix 1 for measuring instructions). The hem at the waist is not curved in any way.

Lettuce edges: Lettuce edges that stretch the fabric into a ruffle are not present anywhere other than at the neck.

Loose edges: Loose edges at the neck are not greater than 50 mm when measured from their point of attachment to the outer surface of the garment (see Appendix 1 for measuring instructions). This includes, but is not limited to, frills, ruffles, flaps, tabs and collars.

Loose edges anywhere except at the neck are not greater than 6 mm when measured from their point of attachment to the outer surface of the garment (see Appendix 1 for measuring instructions). This includes, but is not limited to, vanity tags, ornaments or trim such as appliqués, embroidery, lace or ribbon. Fabric that extends outwards from a closure (such as a button, snap, hook and loop fastener, stitching or a zipper) is also considered a loose edge.

Pockets and similar openings: Openings other than around the neck and waist or at the end of sleeves and pant legs, such as pocket openings, bum flaps, thumb holes and spaces between closures (such as buttons, snaps or ties), lie smooth and close against the body and do not pucker or open wide during wear.

Dimensional criteria

Table 5. Maximum dimensions for the opening at the end of sleeves or pant legs of sleepers *

Size	Wrist Circumference (twice Q-R)	Top Forearm Circumference (twice Q-R)	Upper Arm Circumference (twice Q-R)
0-2	115 mm	150 mm	160 mm
3-4	125 mm	160 mm	170 mm
5-6X	130 mm	170 mm	190 mm
7-10	140 mm	200 mm	220 mm
12-14X	155 mm	240 mm	260 mm
		Pants **	
	Ankle Circumference (twice Q-R)	**Calf Circumference (twice Q-R)**	**Thigh Circumference (twice Q-R)**
0-2	140 mm	190 mm	300 mm
3-4	160 mm	220 mm	330 mm
5-6X	190 mm	230 mm	380 mm
7-10	200 mm	280 mm	450 mm
12-14X	210 mm	330 mm	530 mm

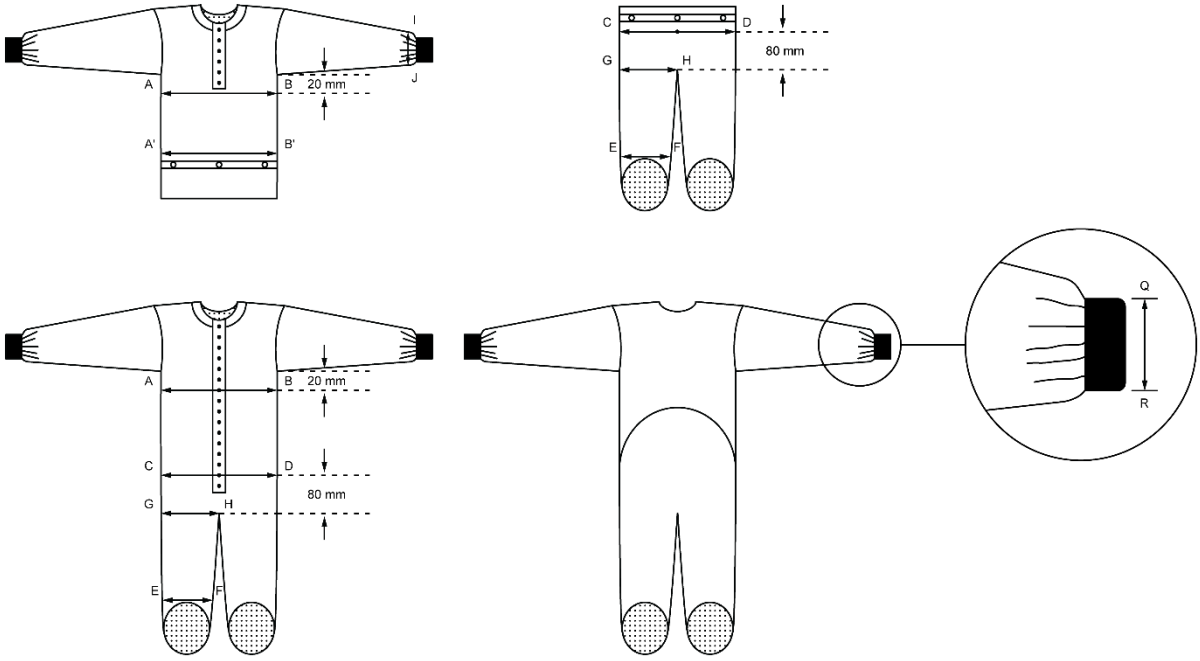
* See Figure 5 and Appendix 1 for measuring instructions.
** Does not apply to sleepers with feet.

Table 6. Maximum dimensions for sleepers *

Size	Top (one-piece or two-piece sleeper)		
	Chest Circumference (twice A-B)	Waist Circumference **, # (twice A'-B')	Wrist Circumference (twice I-J)
0-2	740 mm	≤ 740 mm	285 mm
3-4	780 mm	≤ 780 mm	290 mm
5-6X	830 mm	≤ 830 mm	295 mm
7-10	910 mm	≤ 910 mm	305 mm
12-14X	1,000 mm	≤ 1,000 mm	315 mm
	Bottom (one-piece sleeper) or Pants (two-piece sleeper)		
	Seat Circumference (twice C-D)	Thigh Circumference (twice G-H)	Ankle Circumference (twice E-F)
0-2	725 mm	410 mm	310 mm
3-4	725 mm	435 mm	320 mm
5-6X	795 mm	470 mm	330 mm
7-10	920 mm	530 mm	350 mm
12-14X	1,040 mm	590 mm	370 mm

* See Figure 5 and Appendix 1 for measuring instructions.
** The actual waist circumference does not exceed the actual chest circumference.
# The waist circumference of a one-piece sleeper is measured approximately midway between the line of the chest circumference and the line of the seat circumference.

Figure 5. Examples of a sleeper showing the dimensional criteria measurement locations. Refer to the text and tables for details.



Labelling criteria

The label states the numeric size of the garment, such as “Size 8”. A garment can have a label stating both the numeric and non-numeric size, such as “Medium (8-10)”, but a label stating the non-numeric size only, such as “Medium” or “One Size Fits All”, is considered insufficient.

4.1.1.4. Sleepwear designed for use in a hospital

There are no design or dimensional criteria.

Labelling criteria

The label states the numeric size of the garment (for example “Size 8”). A garment can have a label stating both the numeric and non-numeric size, such as “Medium (8-10)”, but a label stating the non-numeric size only, such as “Medium” or “One Size Fits All”, is considered insufficient.

4.1.1.5. Wearable sleepwear accessories

There are no design, dimensional or labelling criteria.

NOTE: Tight-fitting sleepwear with attachable accessories meet the criteria applicable to their style when the accessories are attached. Otherwise, they are subject to the requirements for loose-fitting sleepwear. For example, a garment that in itself meets the criteria for a tight-fitting sleeper, but has an attachable hood, is subject to the requirements for loose-fitting sleepwear.

4.1.2. Flammability performance requirements and test method for tight-fitting sleepwear

Under section 2 of the *Children's Sleepwear Regulations*, tight-fitting sleepwear, when tested in accordance with the Canadian General Standards Board standard CAN/CGSB-4.2 No. 27.5 entitled Textile test methods: Flame resistance – 45° angle test – One-second Flame Impingement, as amended from time to time, must have a flame spread time of more than seven seconds. This requirement is applied to garments with or without a raised fiber surface, irrespective of ignition or fusion of the base fibers.

4.2. Flammability requirements for loose-fitting sleepwear

Under section 1 of the *Children's Sleepwear Regulations*, the term "loose-fitting sleepwear" refers to loose-fitting garments such as children's nightgowns, nightshirts, dressing gowns, bathrobes, housecoats, robes, baby-doll pyjamas and tailored pyjamas in sizes up to and including 14X. Adding tight cuffs does not change the classification of these garments as loose-fitting sleepwear. The term does not apply to garments that meet the design, dimensional and labelling criteria for tight-fitting sleepwear, sleepwear designed for infants weighing up to 7 kg and sleepwear designed for use in a hospital.

4.2.1. Design, dimensional and labelling criteria for loose-fitting sleepwear

There are no design or dimensional criteria for loose-fitting sleepwear.

Labelling criteria

The size on the label can numeric, such as “Size 8”, non-numeric, such as “Medium” or “One Size Fits All”, or both numeric and non-numeric, such as “Medium (8-10)”.

4.2.2. Flammability performance requirements and test method for loose-fitting sleepwear

Under subsection 3(1) of the *Children’s Sleepwear Regulations*, loose-fitting sleepwear, when tested in accordance with Schedule 1 of the *Children’s Sleepwear Regulations*, must have:

- an average char length for five specimens that does not exceed 178 mm; and
- not more than one specimen with a char length equal to the full length of the specimen (254 mm).

To obtain a copy of Health Canada’s test method for the flammability of loose-fitting children’s sleepwear (Method F17: Flammability of Loose-Fitting Children’s Sleepwear), use the Enquiry Form. Under Program, select **Consumer Product Safety** and choose the **Test Method Request** option from the Enquiry Type list.

> **NOTE:** In general, loose-fitting sleepwear ignites readily and burns rapidly if it has any amount of natural fibres (such as cotton, flax, hemp, silk or feathers) or any amount of regenerated cellulosic fibres (such as rayon (viscose) or acetate). This applies to any sleepwear component that is made of textile fibres, including, but not limited to, fabric, thread, trim, appliqués or decals.

For further information on factors that affect textile flammability, refer to Health Canada’s publication entitled Industry Guide to Flammability of Textile Products in Canada listed in Appendix 4.

Testing is the most reliable way to confirm that children’s sleepwear complies with the flammability requirements of the *Children’s Sleepwear Regulations*.

4.3. Requirements pertaining to the use of flame retardant chemicals

The function of flame retardant chemicals is to slow the ignition and the spread of fire. Certain flame retardant chemicals may be harmful to human health or the environment. Health Canada encourages industry to use safe, non-chemical alternatives to meet the flammability performance requirements. Further information can be found in the Notice to stakeholders on the use of flame-retardant chemicals in certain consumer products in Canada (updated in 2024). Information about factors affecting textile flammability – such as fibre content, fabric construction, fabric weight and fabric finishes – can be found in the Industry Guide to Flammability of Textile Products in Canada. Children's sleepwear that is treated with a flame retardant chemical is not exempt from the flammability requirements of the *Children's Sleepwear Regulations*.

Compliance with the flammability performance requirements of the *Children's Sleepwear Regulations* can be achieved without the use of flame retardant chemicals.

Health Canada encourages the use of safe, non-chemical alternatives.

Recognizing the potential risks of flame-retardant chemicals to human health or the environment, the Government of Canada has assessed, and continues to assess, a number of substances with flame retardant uses under the Chemicals Management Plan (CMP). When a risk to human health or the environment is identified, appropriate regulatory actions are taken. Industry members are encouraged to regularly monitor the on-line summary of the Government of Canada initiatives related to flame retardants. This will help industry members stay informed of CMP screening assessment conclusions and risk management strategies that may be put in place to help protect human health or the environment.

4.3.1. Restricted use of flame retardant chemicals in loose-fitting sleepwear

Flame retardant chemicals can be used to treat loose-fitting children's sleepwear only if the flame retardant chemicals meet the toxicological requirements set out in the *Children's Sleepwear Regulations*. Specifically, loose-fitting sleepwear that is treated with a flame retardant, any component that is extracted or broken down from such treated sleepwear and any flame retardant that is used to treat the sleepwear must not cause acute toxicity (oral or dermal), dermal irritation, dermal sensitization, genetic or chromosomal defects, or tumours in accordance with subsection 3(2) and Schedule 2 of

the *Children's Sleepwear Regulations*.

Under section 4 of the *Children's Sleepwear Regulations*, loose-fitting children's sleepwear that is treated with a flame retardant must have a permanent label that clearly and legibly displays the following:

- the words "flame retardant" and "ignifugeant"; and
- instructions in English and French for the care of the sleepwear, particularly cleaning procedures, to ensure that the sleepwear is not exposed to agents or treatments that could reduce its flame resistance.

4.3.2. Prohibited flame retardant chemicals in wearing apparel under the CCPSA

Under Schedule 2 of the CCPSA, products made in whole or in part of textile fibres, intended for use as wearing apparel (including all children's sleepwear), that are treated with or contain tris (2,3-dibromopropyl) phosphate (TRIS; TBPP; TDBPP; CAS Number 126-72-7) as a single substance or as part of a chemical compound **are prohibited**.

Exposure to tris (2,3-dibromopropyl) phosphate can cause cancer as well as genetic defects. Children are particularly susceptible because they tend to mouth garments, and the flame retardant chemical can also be absorbed through skin that comes into direct contact with the treated garment.

4.3.3. Prohibited flame retardant chemicals in children's foam products under the CCPSA

Under Schedule 2 of the CCPSA, products that are made, in whole or in part, of polyurethane foam that contains the chemical tris (2-chloroethyl) phosphate (TCEP; CAS Number 115-96-8) and that are intended for children under three years of age **are prohibited.**

Exposure to tris (2-chloroethyl) phosphate can cause cancer and impaired fertility. Children under three years of age are most susceptible to the harmful effects.

It is the responsibility of industry members to ensure compliance with Canadian safety legislation. Testing a consumer product against the requirements of applicable regulations under the CCPSA is a means of verifying compliance with these requirements. Testing should be conducted on a representative sample of the product available in the Canadian market. When using the services of a private testing laboratory, industry members should verify that the laboratory: has a quality system in place (often verified through third party accreditation to ISO/IEC 17025), is familiar with Canadian safety requirements and test methods, and can test to these requirements.

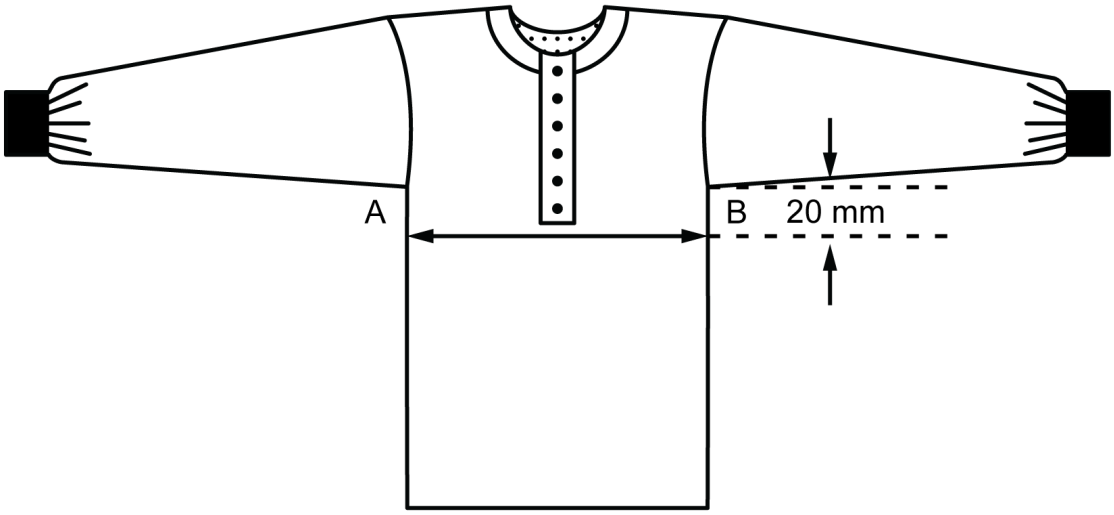
Appendix 1 – How to measure children's sleepwear

All measurements are made when the garment fabric is smooth and fully extended but without tension. Fasten any closures, such as zippers, buttons or ties, and attach any attachable accessories prior to measuring.

Chest circumference (twice A-B)

The chest circumference is twice the distance from point A to point B, measured 20 mm below the lowest point of the armhole seam, as shown in Figure 6.

Figure 6. Example of chest circumference measurement (twice A-B)



For a garment without armhole seams or with batwing sleeves, as shown in Figure 7, the chest circumference is measured at a distance of Y from the point where the shoulder joins the collar or neck opening to the chest, where Y is the distance shown in Table 7.

Figure 7. Example of chest circumference measurement (twice A-B) for a garment without armhole seams or with batwing sleeves, where Y is the distance shown in Table 7

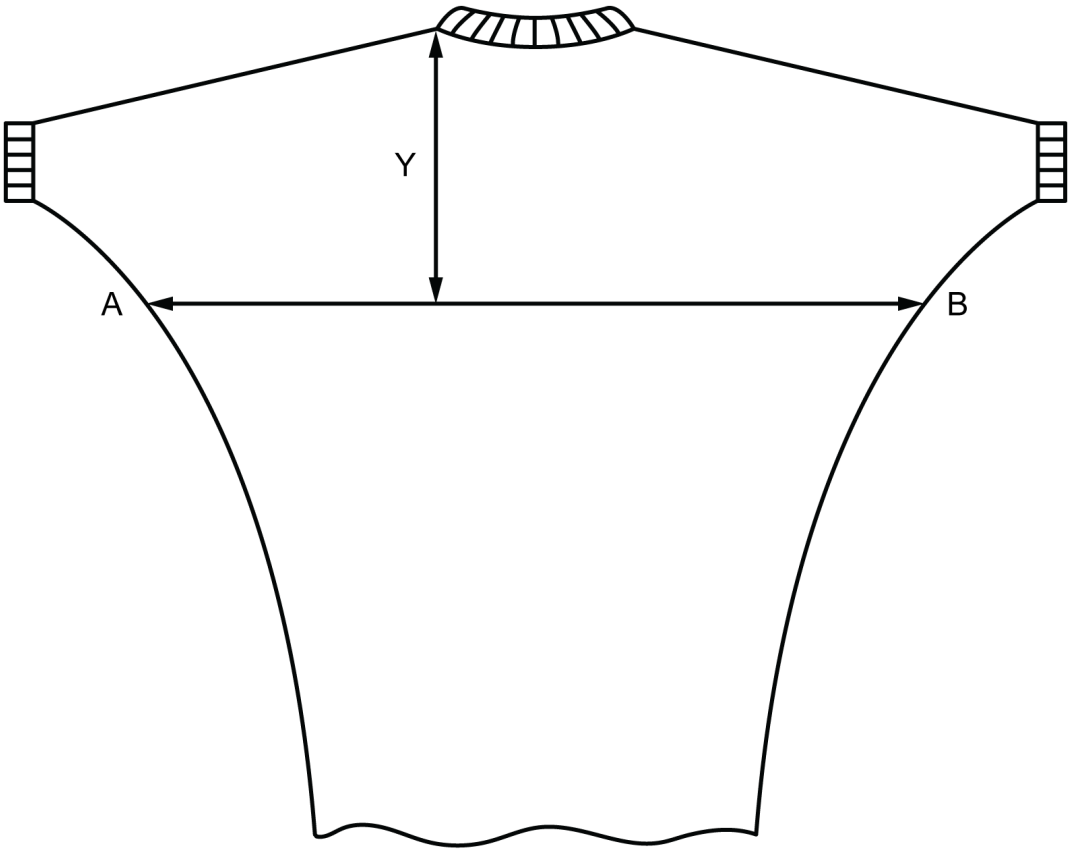


Table 7. Distance Y from the point where the shoulder joins the collar or neck opening to the chest of a garment without armhole seams or with batwing sleeves

Size	Distance Y
0-2	185 mm
3-4	195 mm
5-6X	210 mm
7-10	225 mm
12-14X	245 mm

For a garment with loose edges along its length that overlap when the garment is closed, such as a bathrobe with a belt, the chest circumference is measured by overlapping the loose edges a distance of U to V, as shown in Figure 8 and Table 8.

Figure 8. Example of overlapping loose edges on a bathrobe for the purpose of measuring chest circumference, where U-V is the distance shown in Table 8

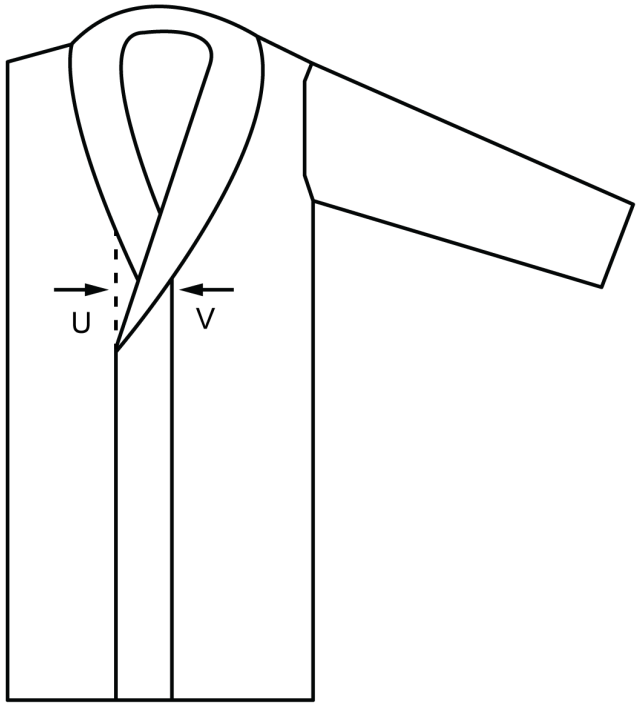


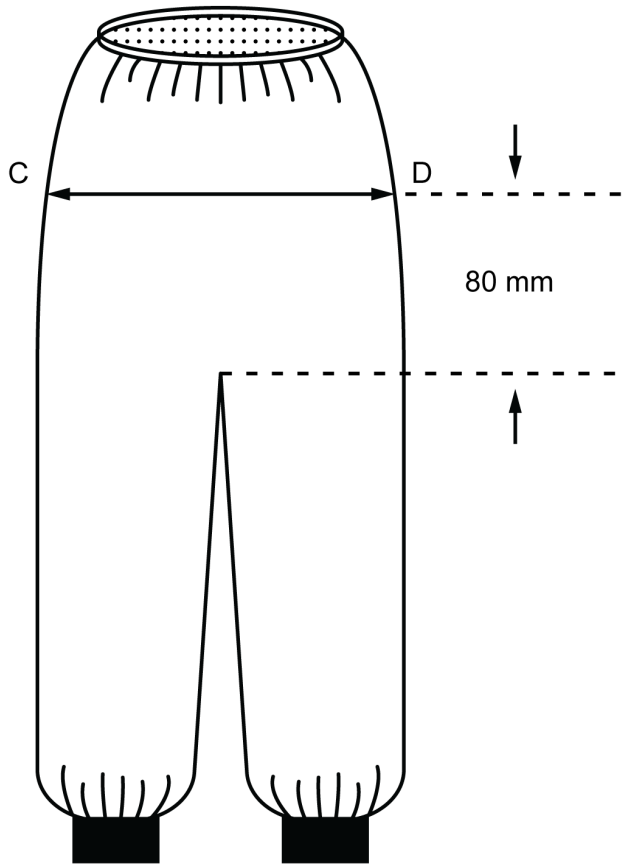
Table 8. Distance of overlap U-V for the purpose of measuring chest circumference in garments with a closure similar to that shown in Figure 8

Size	Distance U-V
0-2	90 mm
3-4	90 mm
5-6X	100 mm
7-10	120 mm
12-14X	120 mm

Seat circumference (twice C-D)

The seat circumference is twice the distance from point C to point D, measured across the front of the garment and 80 mm above the intersection of the crotch seams, as shown in Figure 9.

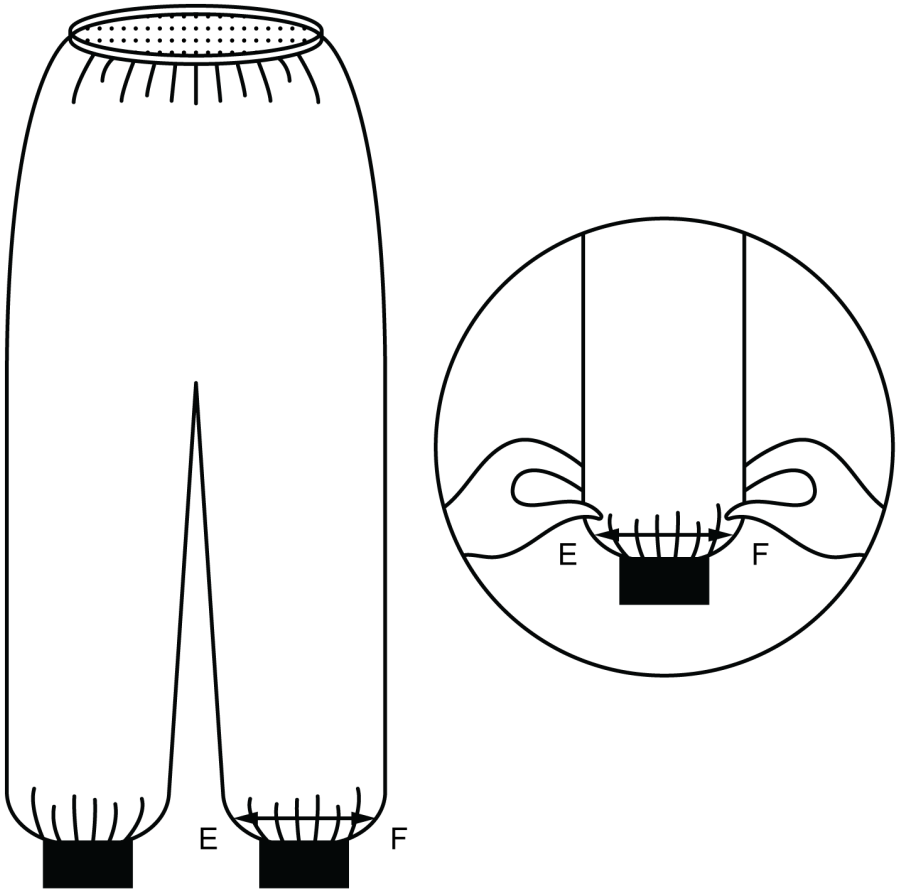
Figure 9. Example of seat circumference measurement (twice C-D)



Ankle circumference (twice E-F)

The ankle circumference is twice the distance from point E to point F, measured across the bottom of the leg. If the leg ends in a cuff, the measurement is made where the leg joins the cuff, as shown in Figure 10. If the leg ends in a foot, the measurement is made where the leg joins the foot, as shown in Figure 5.

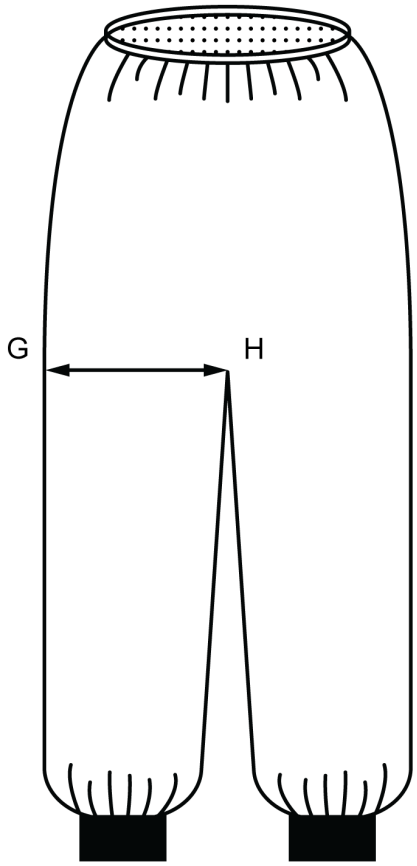
Figure 10. Example of ankle circumference measurement (twice E-F)



Thigh circumference (twice G-H)

The thigh circumference is twice the distance from point G to point H, measured across the highest point of the leg, level with the crotch, as shown in Figure 11.

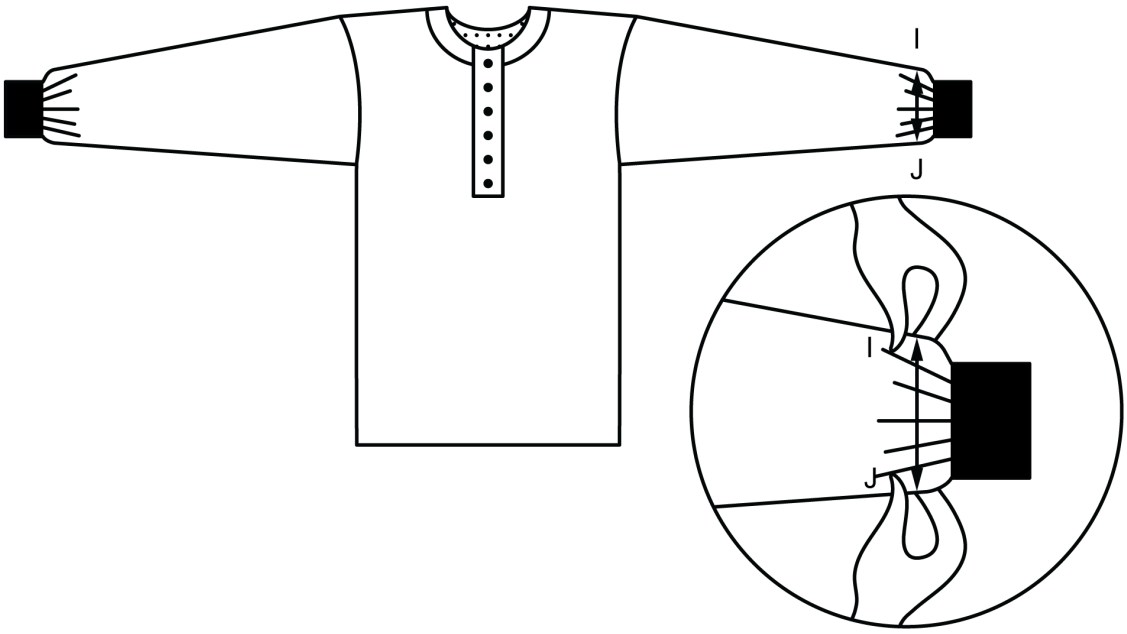
Figure 11. Example of thigh circumference measurement (twice G-H)



Wrist circumference (twice I-J)

The wrist circumference is twice the distance from point I to point J, measured across the bottom of the sleeve. If the sleeve ends in a cuff, the measurement is made where the sleeve joins the cuff, as shown in Figure 12.

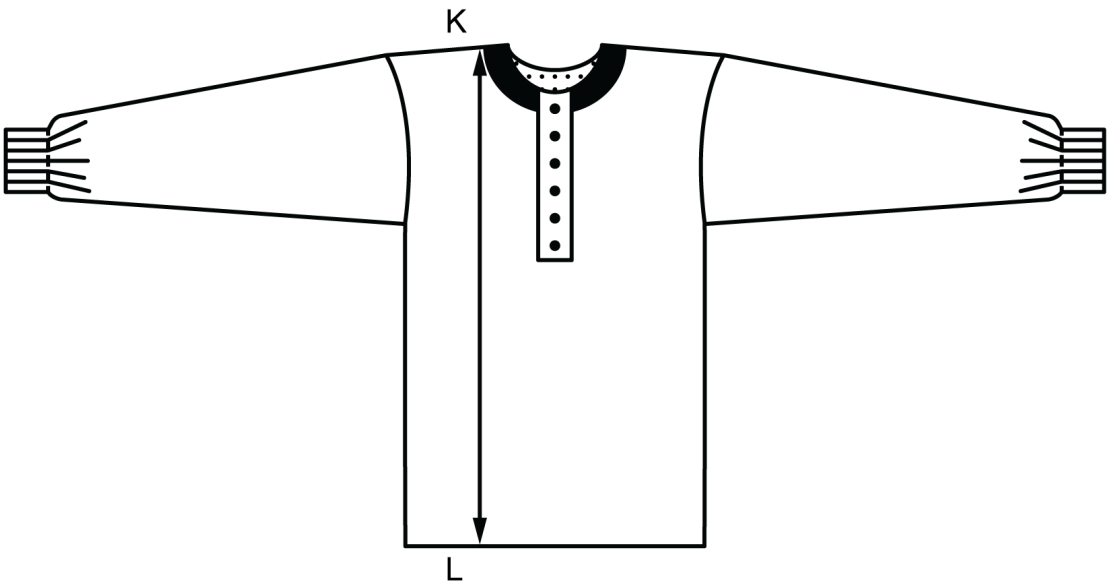
Figure 12. Example of wrist circumference measurement (twice I-J)



Top length (K-L)

The length of the top is the distance from point K to point L, measured from the point where the shoulder joins the collar or neck opening to the bottom edge, as shown in Figure 13.

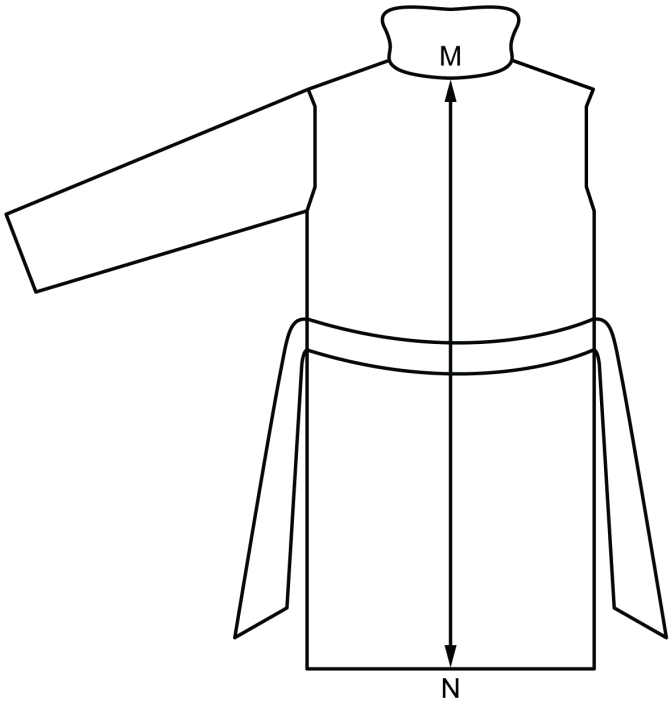
Figure 13. Example of top length measurement (K-L)



Garment length (M-N)

The length of the garment is the distance from point M to point N, measured along the centre of the back from the neck opening or point of collar attachment to the bottom edge, as shown in Figure 14. See Table 9.

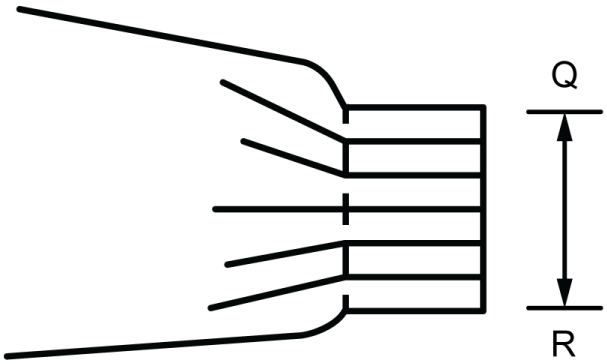
Figure 14. Example of garment length measurement (M-N)



Sleeve or pant leg opening circumference (twice Q-R)

The circumference of the opening at the distal end of a sleeve or pant leg is twice the distance from point Q to point R, measured inside the edge of the unstretched opening, as shown in Figure 15.

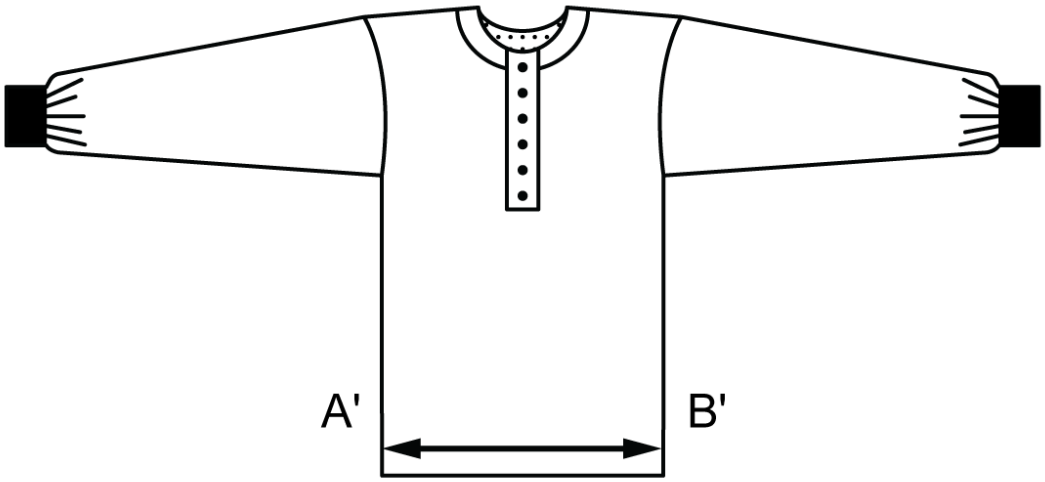
Figure 15. Example of sleeve or pant leg opening circumference measurement (twice Q-R)



Waist of top circumference (twice A’-B’)

The circumference of the waist of the top is twice the distance from point A’ to point B’, measured across the bottom edge, as shown in Figure 16. If the bottom has a cuff, the measurement is made where the top joins the cuff.

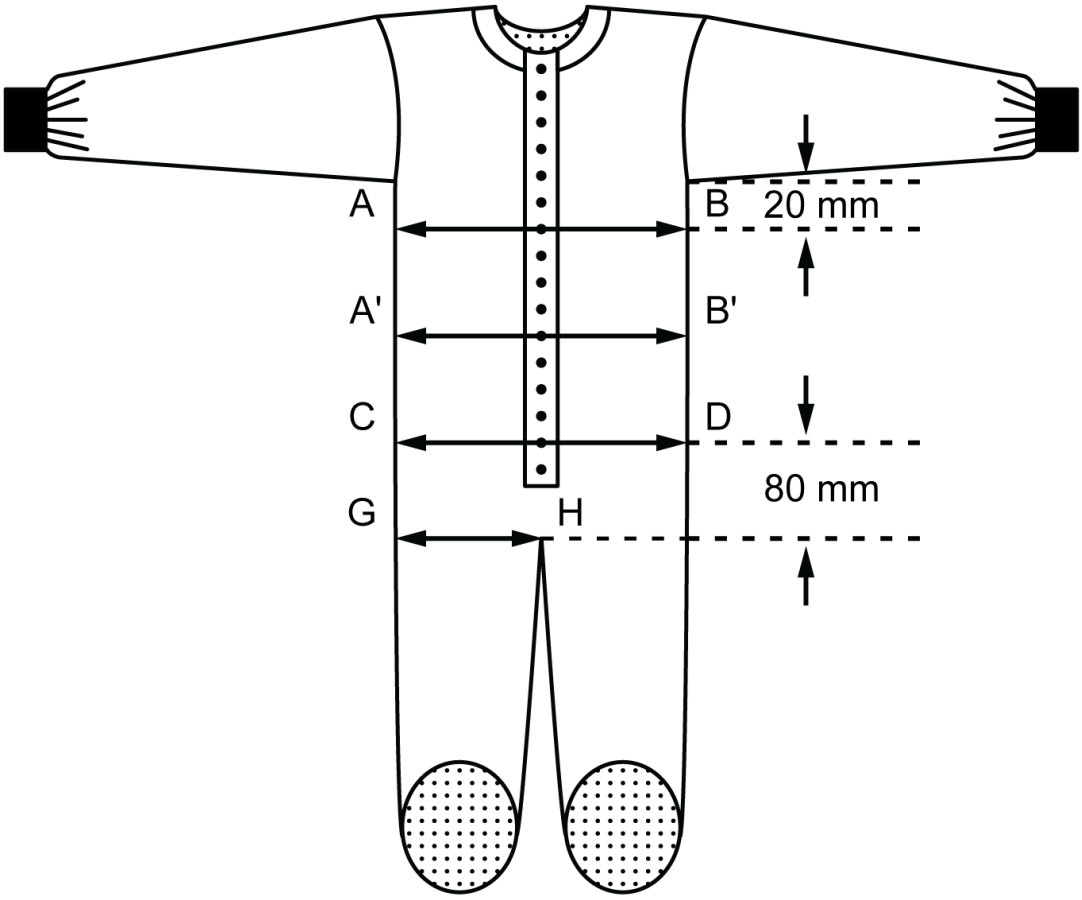
Figure 16. Example of waist of top circumference measurement (twice A’-B’)



Waist circumference of sleeper (twice A’-B’)

The waist circumference of a one-piece sleeper is measured midway between the line of the chest circumference (A-B) and the line of the seat circumference (C-D), as shown in Figure 17.

17. Example of waist circumference of sleeper measurement (twice A’-B’)

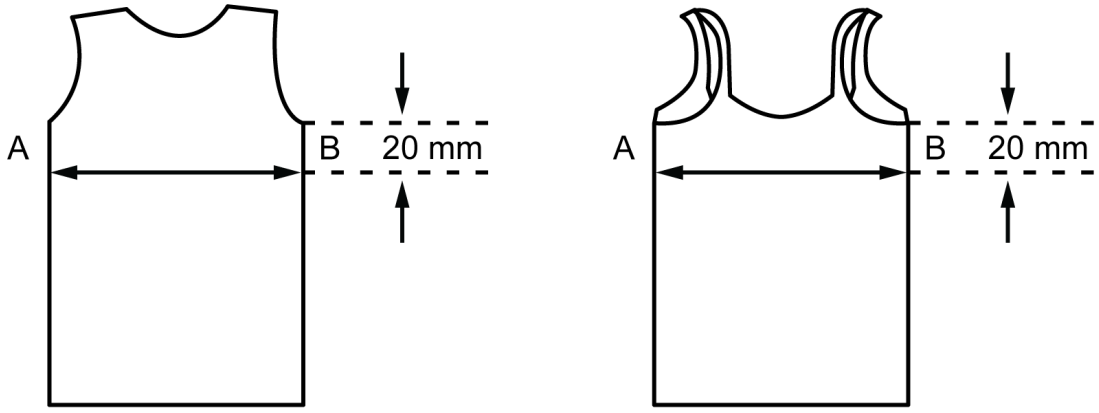


Neck opening

The lowest point of a neck opening, and its position compared to line A-B, are observed visually.

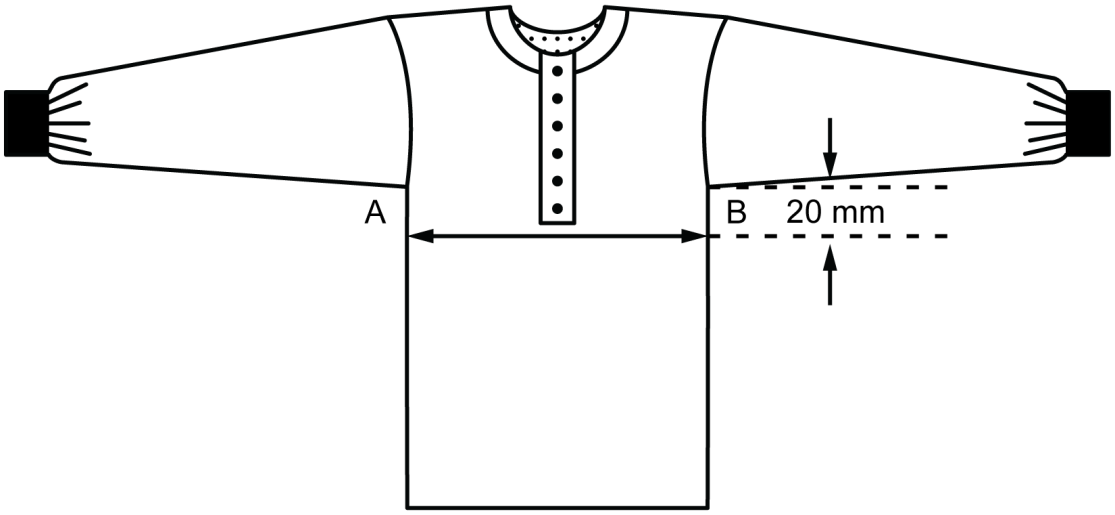
Of the two camisoles shown in Figure 18, the camisole with spaghetti straps (on the right) has a lower neck opening than the sleeveless camisole (on the left). Neither neck opening is below line A-B.

Figure 18. Examples of a camisole/sleeveless top with neck openings that are not fastened



For a neck opening that is fastened by any means (such as with buttons, snaps, hook and loop fasteners or a zipper), its lowest point is the one observed when the neck opening is completely unfastened. The top shown in Figure 19 has a neck opening fastened with buttons or snaps. The lowest point of the neck opening is not below line A-B.

Figure 19. Example of a top with a neck opening that is fastened

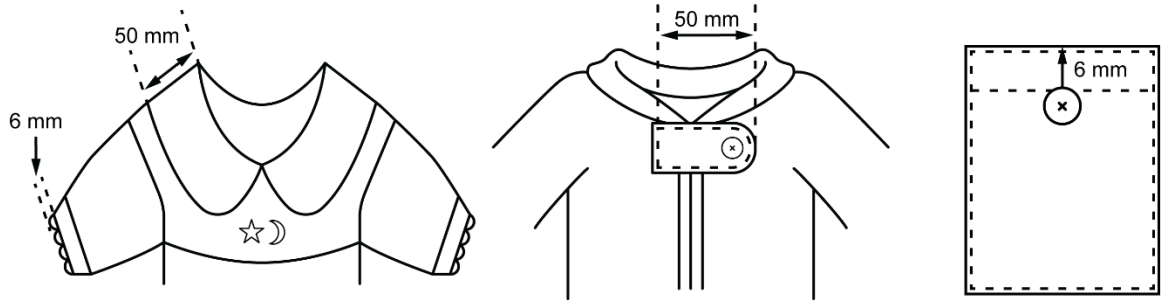


Loose edge length

The length of a loose edge is the distance from the point of attachment to the outer surface of the garment.

In Figure 20, examples of loose edges at the neck are indicated by the maximum allowable length of 50 mm, and include a collar and a tab closure. Examples of loose edges at locations other than the neck are indicated by the maximum allowable length of 6 mm, and include decorative trim and a button closure on a pocket.

Figure 20. Examples of loose edge length measurements



Appendix 2 – What is not considered children's sleepwear? (with exceptions)

NOTE: This is not an exhaustive list.

Diapers and underwear

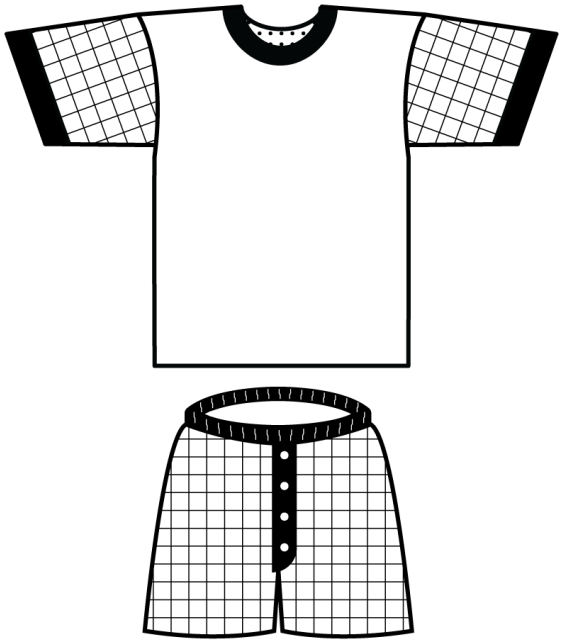
Children's diapers and underwear composed of textile fibres are subject to the requirements of the *Textile Flammability Regulations* for textile products. This includes products such as underpants, boxer shorts, undershirts, bras and other garments typically worn under clothes.

Exceptions: Children's underwear that can also feasibly serve as sleepwear is within the scope of the *Children's Sleepwear Regulations*. For example:

- **Long underwear** resembling polo pyjamas and made of lightweight polyester, cotton or a cotton blend is subject to the requirements of the *Children's Sleepwear Regulations*. However, long underwear that is tight-fitting, moisture-wicking, made out of a technical fabric, and is suitable as a base layer for outdoor activities rather than for sleeping, is subject to the requirements of the *Textile Flammability Regulations* for textile products.

- **Boxer sets**, such as matching boxer shorts and a t-shirt (see Figure 21), are subject to the requirements of the *Children's Sleepwear Regulations*. However, boxer shorts or t-shirts sold individually are unlikely to be considered sleepwear, and are subject to the requirements of the *Textile Flammability Regulations* for textile products.

Figure 21. Boxer set



Daywear

Children's daywear composed of textile fibres is subject to the requirements of the *Textile Flammability Regulations*. This includes products such as pants, shirts, skirts, dresses, jackets, sportswear and other garments suitable for day use.

Exceptions: Children's daywear that can also feasibly serve as sleepwear is within the scope of the *Children's Sleepwear Regulations*. For example:

- **Loungewear**, whether sold separately or in a top and pants set, is subject to the requirements of the *Children's Sleepwear Regulations*.

- **Beachwear** items such as robes, cover-ups, ponchos or similar garments that exceed the lengths (M-N) shown in Table 9 are subject to the requirements of the *Children's Sleepwear Regulations*; see Appendix 1 for measuring instructions. However, shorter beachwear is subject to the requirements of the *Textile Flammability Regulations* for textile products.

Table 9. Maximum dimensions for beachwear such as robes and cover-ups.

Size	Length M-N
0-2	400 mm
3-4	480 mm
5-6X	560 mm
7-10	690 mm
12-14X	770 mm

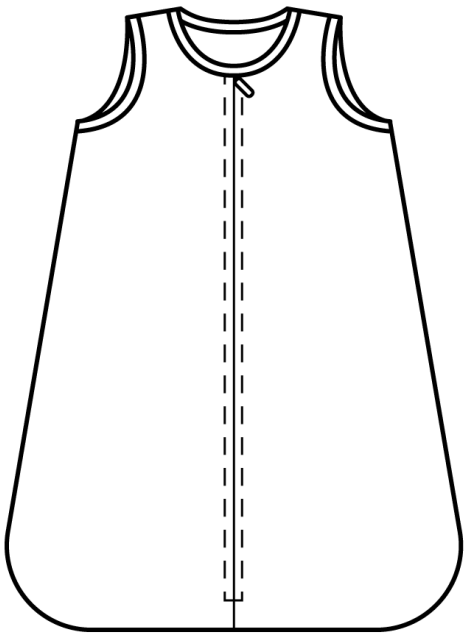
Towels

Hooded towels and similar loose, unstructured products made of absorbent fabric and promoted solely for the purpose of drying a child are subject to the requirements of the *Textile Flammability Regulations* for textile products.

Sleep sacks and wearable blankets

Sleep sacks are articles of bedding worn over sleepwear and are intended to replace loose blankets or other bed covers. Sleep sacks typically consist of a fabric bag that has armholes or sleeves and is closed at the feet (see Figure 22). Sleep sacks are subject to the requirements of the *Textile Flammability Regulations* for bedding.

Figure 22. Sleep sack



Exceptions:

- **Sleep sacks** with leg openings that allow a child to be mobile while wearing them are subject to the requirements of the *Children's Sleepwear Regulations*.
- **Garments that resemble sleep sacks** but that can be worn on their own for

sleep, such as garments with a tight-fitting top and sack-like bottom, are subject to the requirements of the *Children's Sleepwear Regulations*.

Wearable blankets come in various styles. They are intended to be worn over clothing to provide an extra layer of warmth, but can also be worn in bed over sleepwear as a replacement for loose blankets or other bed covers. Wearable blankets are subject to the requirements of the *Textile Flammability Regulations* for bedding.

Exceptions:

- **Blanket sleepers**, which are typically loose-fitting garments made of warm, blanket-like fabric, are subject to the requirements of the *Children's Sleepwear Regulations*.

Non-wearable items of a sleepwear set

Textile items that make up a children's sleepwear set but are not for wear are not covered by the *Children's Sleepwear Regulations*. However, they must meet the applicable requirements under the CCPSA and its regulations. For example, a blanket component of a sleepwear set is subject to the requirements of the *Textile Flammability Regulations* for bedding, while a doll or stuffed toy component of a sleepwear set is subject to the requirements of the *Toys Regulations*.

Appendix 3 – General information on the safety of children's garments

In addition to the *Children's Sleepwear Regulations*, there are several regulations under the CCPSA that apply to children's garments, such as:

- *Consumer Products Containing Lead Regulations*: restrict the total lead content of each accessible part of children's clothing or clothing accessories, such as zippers, snaps, buckles, screen prints, ornaments and trims, to no more than 90 mg/kg. For further information on the *Consumer Products Containing Lead Regulations*, consult the Information for Regulated Parties regarding the *Consumer Products Containing Lead Regulations* listed in Appendix 4.

- *Surface Coating Materials Regulations*: restrict the total lead content of applied surface coating materials (such as paint or stickers) on certain products, including children's clothing or clothing accessories to no more than 90 mg/kg.

- *Textile Flammability Regulations*: set flammability requirements for children's garments composed of textile fibres, other than 1) children's sleepwear, which is covered under the *Children's Sleepwear Regulations*, and 2) children's costumes, which fall within the definition of a doll, plush toy or soft toy under the *Toys Regulations*. For additional information consult the Industry Guide to Flammability of Textile Products in Canada in Appendix 4.

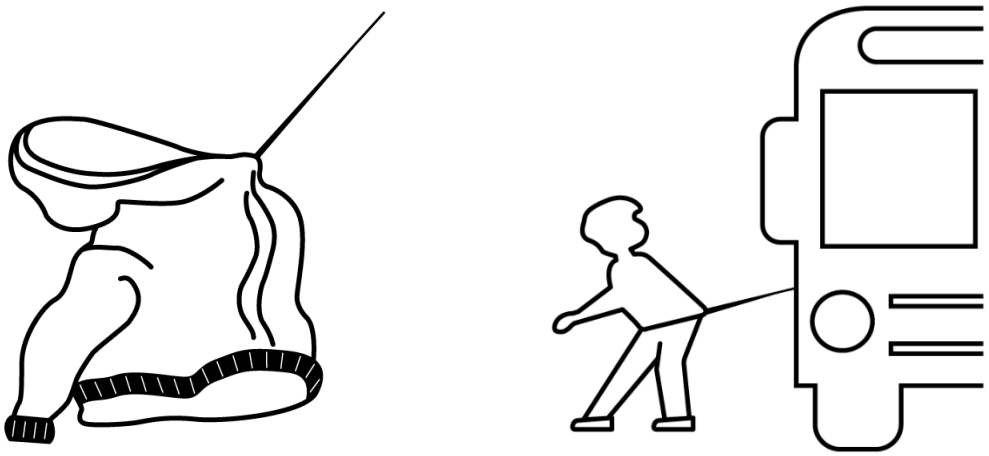
- *Toys Regulations*: set requirements for children's costumes, including children's Halloween costumes, that fall within the definition of a doll, plush toy or soft toy. For further information consult the Industry Guide to Health Canada's Safety Requirements for Children's Toys and Related Products in Appendix 4.

Paragraphs 7(a) and 8(a) of the CCPSA prohibit the manufacture, importation, advertisement or sale of consumer products that are a danger to human health or safety. Certain hazards that are not specifically addressed by regulations under the CCPSA may be addressed in standards or guidelines. The following information provides some guidance in this regard.

Drawstrings on children’s upper outerwear

Drawstrings on children’s upper outerwear, such as snowsuits, jackets, sweatshirts and other garments generally intended to be worn over other clothing, can catch on playground equipment, fences or other objects. This can result in strangulation, or in the case of a vehicle, a child being dragged (see Figure 23).

Figure 23. Dangers posed by drawstrings on children’s upper outerwear



To reduce the risk posed by drawstrings on children’s upper outerwear, these products should, at a minimum, comply with the following requirements:

- Children’s upper outerwear in sizes newborn to 12 must not have drawstrings in the hood and neck area.
- In accordance with ASTM F1816-18 (2024), Standard Safety Specification for Drawstrings on Children’s Upper Outerwear, drawstrings at the waist and bottom of children’s upper outerwear in sizes 2T to 16 must:
    - not exceed 76.2 mm in length outside the drawstring channel when the garment is expanded to its fullest width;
    - have no toggles, knots or other attachments at the free ends; and
    - be bar tacked to the garment (i.e., firmly stitched through the drawstring and the channel, usually at the centre of the back) if the drawstring is one continuous string, to prevent it from slipping through the channel.

For further information on the danger of drawstrings consult the Notice of danger to human health or safety and risk mitigation for children’s upper outerwear with drawstrings.

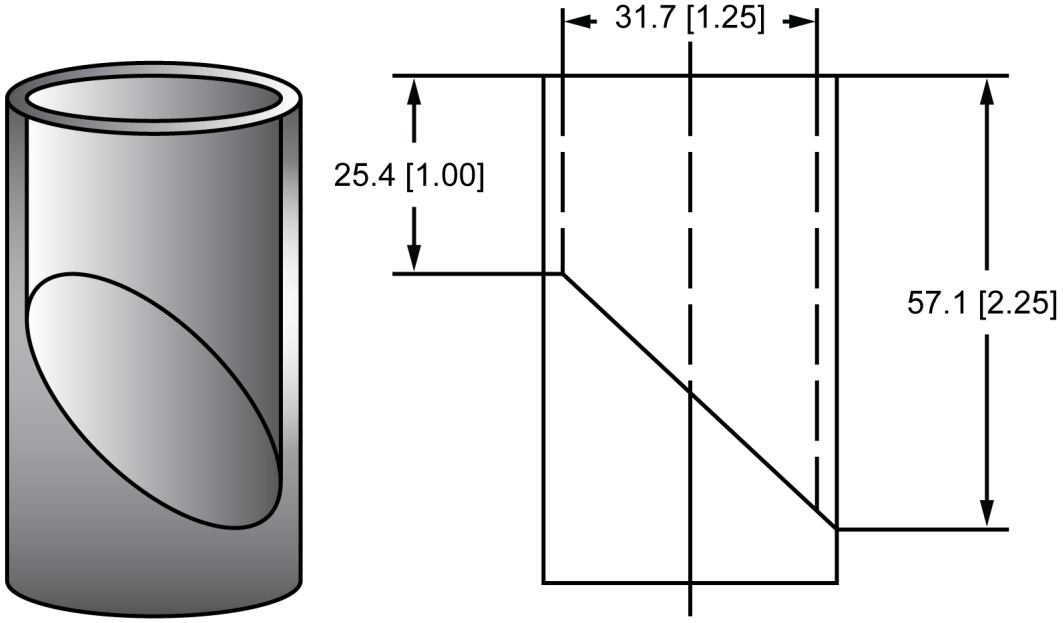
Belts

Children are at risk of strangulation from any type of cord that can be detached from clothing. Belts, ties and similar items that support or hold, in children's garments, should be bar tacked to the garment (i.e., firmly stitched through the belt and the garment, usually at the centre of the back). This does not apply to belts sold individually.

Small Parts

Young children are at risk of choking on, swallowing or inhaling small parts that detach from, or break off of, clothing. Garments for use by a child under three years of age should not have small parts meant to be separable or that can be separated from the garment with reasonably foreseeable use. Small parts are ones that can be totally enclosed in the small parts cylinder shown in Figure 24. They may include, but are not limited to, buttons, beads, bells, snaps, magnetic closures, plastic decals and hook and loop fasteners. This does not apply to small parts that are made entirely of soft, textile fibre material (such as a ribbon bow).

Figure 24. Small parts cylinder (not to scale); dimensions in millimetres (inches)



Small powerful magnets

Small powerful magnets should not be used on, or in, any children's garments if they can be separated from the garment with reasonably foreseeable use. In addition to posing a choking hazard, if more than one magnet is swallowed over a short period of time, they can attract one another through the digestive tract and create a blockage or tear in the intestinal walls. The results can be very serious and even fatal.

Children's garments that contain small powerful magnets should be labelled with a clear and prominently displayed warning, in English and French, indicating that:

- the product contains small powerful magnets,
- swallowing magnets can cause serious injuries, and
- immediate medical attention should be sought if a magnet may have been swallowed.

For further information on the danger of small powerful magnets, refer to Health Canada's publication entitled Notice of danger to human health or safety and risk mitigation for products containing small powerful magnets, listed in Appendix 4.

Stitching

Only stitching that will not unravel should be used on garments for young children to prevent threads from becoming loose and wrapping around fingers, arms, legs or the neck, potentially causing injury.

Sharp objects

Sharp objects on, or in, children's garments can cause injuries ranging from irritation and scratches to cuts and piercings. No component of a garment, such as a button, snap, zipper or decorative feature, should have an exposed sharp point or edge. As well, no sharp point or edge should form, or become exposed, with reasonably foreseeable use of the garment. Stuffing materials should also be free from hard, sharp or foreign objects, and should be inaccessible to a child.

In addition, care should be taken during manufacturing and packaging to avoid leaving sharp objects, such as pins, needles and staples, on, or in, a garment.

For additional guidance, refer to the documents entitled:

- CEN/TS 17394-1: 2021 – Textiles and textile products – Part 1: Safety of children's clothing – Security of attachment of attached components to infants' clothing – Specification;
- Industry Guide to Health Canada's Safety Requirements for Children's Toys and Related Products; and

- Industry Guidance – “Danger to Human Health or Safety” Posed by Consumer Products, listed in Appendix 4.

Appendix 4 – Information resources

For further information, visit the resources below or contact a Health Canada Consumer Product Safety Office using the Enquiry form or by telephone at 1-866-662-0666 (toll-free within Canada and the United States).

To obtain a copy of a Health Canada test method referenced in this document, use the Enquiry form. Under Program, select **Consumer Product Safety** and choose the **Test Method Request** option from the **Enquiry Type** list.

Act and regulations

- *Canada Consumer Product Safety Act* and its Regulations
- *Children's Sleepwear Regulations*
- *Textile Flammability Regulations*
- *Consumer Products Containing Lead Regulations*
- *Surface Coating Materials Regulations*

Industry guides and notices

- *Canada Consumer Product Safety Act* Quick Reference Guide
- Industry Guide on Mandatory Reporting under the *Canada Consumer Product Safety Act* – Section 14 "Duties in the Event of an Incident"
- Industry Guidance – "Danger to Human Health or Safety" Posed by Consumer Products
- Industry Guide to Flammability of Textile Products in Canada
- Notice to stakeholders on the use of flame-retardant chemicals in certain consumer products in Canada
- Notice of danger to human health or safety and risk mitigation for products containing small powerful magnets
- Notice of danger to human health or safety and risk mitigation for children's upper outerwear with drawstrings
- Information for Regulated Parties Regarding the *Consumer Products Containing Lead Regulations*
- Industry Guide to Health Canada's Safety Requirements for Children's Toys and Related Products

Additional references

- Subscribe for email updates about the *Canada Consumer Product Safety Act*

- Canadian General Standards Board (CGSB) standards - CAN/CGSB-4.2 No. 27.5 and CAN/CGSB-4.2 No. 58
- OECD Guidelines for the Testing of Chemicals.
- ASTM F1816-18 (2024) Standard Safety Specification for Drawstrings on Children's Upper Outerwear.
- CEN/TS 17394-1: 2021 – Textiles and textile products – Part 1: Safety of children's clothing – security of attachment of attached components to infants' clothing – Specification.