

Sublimation Heat Press Temperature Cheat Sheet

Please note that these are typical settings and may need to be adjusted based on your specific equipment, materials, and environmental conditions.

Quick Heat Press Settings

Substrate	Temp (°F/°C)	Time	Pressure	Notes
T-Shirts	380°F (193°C)	30-40 sec	Medium	Pre-press to remove moisture
Tumblers	360°F (182°C)	60-75 sec	Firm	Rotate for even heat distribution
Mouse Pads	400°F (204°C)	40-60 sec	Medium	Use a silicone pad for even pressure
Ceramic Tiles	400°F (204°C)	4-5 min	Light	Allow to cool before handling
Metal Sheets	390°F (199°C)	60 sec	Firm	Use protective paper
Phone Cases	375°F (191°C)	60-75 sec	Medium	Use silicone pad for even pressure
Polyester Fabric	385°F (196°C)	30-40 sec	Medium	Stretch fabric before pressing
Glass	400°F (204°C)	6-7 min	Light	Use caution, glass may shatter
Hardboard	375°F (191°C)	60-75 sec	Firm	Pre-press to remove moisture

Temperature Guidelines for Various Tumblers

Tumbler Type	Temp (°F)	Time (Min)	Pressure
Stainless Steel	375-400	6-8	Medium
Plastic	350-375	4-6	Medium
Coated	375-400	5-7	Medium

Before You Press

- Always test on a small sample before full production.
 - Adjust settings as needed based on results.
- Use appropriate protective gear and follow safety guidelines.
 - Some substrates may require special coatings or treatments for sublimation.