

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.

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

Remember:

- 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.