

Sublimation Heat Press Temperature Reference

Manufacturer starting points + a blank-specific test record. For US heat presses, temperatures are shown in degrees Fahrenheit.

Read before pressing: These settings are examples from the general Sawgrass sublimation chart, not verified instructions for your specific blank. Coatings, presses, transfer papers, sizes and supplier instructions vary. Always follow your exact blank supplier and press manufacturer first.

Sawgrass reference examples (for suitable sublimation-ready items)

Material	Sawgrass starting temp	Starting time	Pressure
Polyester fabric	400 F (205 C)	45 sec	Medium
Ceramic mug	350-400 F (180-205 C)	150-300 sec	Medium
Neoprene	400 F (205 C)	45 sec	Medium
Sublimation-ready metal	400 F (205 C)	60 sec	Medium
MDF board	400 F (205 C)	60 sec	Medium
Sublimation-ready acrylic	375 F (190 C)	60 sec	Medium
Sublimation-ready glass	400 F (205 C)	420 sec	Medium

Important differences: This general list does not cover polyester blends, every mug diameter, oven-wrapped tumblers, specialty glass, or brand-specific coatings. Those require the actual product instructions. Even materials listed here may need a different setting.

Source: [Sawgrass Care, Sublimation Heat Press Settings](#) (accessed October 18, 2026). Sawgrass specifically calls this a starting chart and directs users to manufacturer guidance and testing.

Quick process before using any number

1. Confirm the blank is polyester or manufactured with a compatible sublimation coating.
2. Obtain time, temperature, pressure and peel/cooling method for the exact blank.
3. Warm and verify your heat press according to the manufacturer; check uniform contact.
4. Make one sample with transfer paper positioned and secured as directed.
5. Record the outcome. Change only one permitted setting at a time if needed.

First-Press Test Record

Print this page once for every blank, supplier, and press combination. Keep successful records as production references.

Date / test number	_____
Supplier and exact blank/SKU	_____
Material, color, size and coating	_____
Printer, ink, paper and profile	_____
Press or heater model	_____
Manufacturer temperature (F / C)	_____
Manufacturer time (seconds)	_____
Pressure / wrap and placement	_____
Paper removal / cooling instructions	_____
Protective materials and preparation	_____
Observed platen temperature / zones	_____
Sample result: even? fading? ghosting?	_____
One variable to change next	_____
Validated repeat test? Notes	_____

Preflight checklist

- ☐ Compatible blank and manufacturer instructions confirmed ☐ Press reaches even temperature
- ☐ Transfer orientation and printer output checked ☐ Paper secured and surface clean
- ☐ Removal and cooling method known ☐ One test result recorded

Do not copy a successful press setting to another blank brand or coating without checking that supplier's instructions. This is a record of your own conditions, not a product warranty or verified press recipe.