

HONOR THE PAST, LEARN FOR THE FUTURE

WHAT DOES A SAFE SLEEP ENVIRONMENT LOOK LIKE?



The following image shows a safe sleep environment for baby.



Room share:
Give babies their own sleep space in your room, separate from your bed.



Use a firm, flat, and level sleep surface, covered only by a fitted sheet.*



Remove everything from baby's sleep area, except a fitted sheet to cover the mattress.

No objects, toys, or other items should be in baby's sleep area.



Use a wearable blanket to keep baby warm without blankets in the sleep area.

Make sure baby's head and face stay uncovered during sleep.



Place babies on their backs to sleep, for naps and at night.



Couches and armchairs are not safe for baby to sleep on alone, with people, or with pets.



Keep baby's surroundings smoke- and vape-free.



*The Consumer Product Safety Commission sets safety standards for infant sleep surfaces (such as a mattress) and sleep spaces (such as a crib). Visit <https://www.cpsc.gov/SafeSleep> to learn more.



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SAFE SLEEP FOR YOUR BABY

Reduce the Risk of Sudden Infant Death Syndrome (SIDS)
and Other Sleep-Related Infant Deaths



Place babies on their backs to sleep for naps and at night.



Offer baby a pacifier for naps and at night once they are feeding well.



Use a sleep surface for baby that is **firm** (returns to original shape quickly if pressed on), **flat** (like a table, not a hammock), and **level** (not at an angle or incline), such as a cradleboard. Mattresses and sleep surfaces in safety-approved cribs or play yards should be covered only with a fitted sheet.



Stay smoke- and vape-free during pregnancy, and keep baby's surroundings smoke- and vape-free.



Feeding babies human milk by direct breastfeeding, if possible, or by pumping from the breast reduces the risk of SIDS. Feeding only human milk, with no formula or other things added, for the first 6 months provides the greatest protection from SIDS.

Avoid products and devices that go against safe sleep guidance, especially those that claim to "prevent" SIDS and sleep-related deaths.



Feed your baby human milk, like by breastfeeding.



Stay drug- and alcohol-free during pregnancy, and make sure anyone caring for baby is drug- and alcohol-free.



Avoid heart, breathing, motion, and other monitors to reduce the risk of SIDS.



Share a room with baby for at least the first 6 months. Give babies their own sleep space (crib, cradleboard, or portable play yard) in your room, separate from your bed.



Avoid letting baby get too hot, and keep baby's head and face uncovered during sleep.



Avoid swaddling once baby starts to roll over (usually around 3 months of age), and keep in mind that swaddling does not reduce the risk of SIDS.



Keep things out of baby's sleep area—no objects, toys, or other items.



Get regular medical care throughout pregnancy.



Give babies plenty of "tummy time" when they are awake and someone is watching them.



Follow health care provider advice on vaccines, checkups, and other health issues for baby.



For more information about the Safe to Sleep® campaign, contact us:

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