

Create a **Safe Sleep** Environment for Baby

Did you know that the features of your baby's sleep area can affect his/her risk for **Sudden Infant Death Syndrome (SIDS)** and other sleep-related causes of infant death, such as suffocation?

Reduce the risk of SIDS and other sleep-related causes of infant death **by creating a safe sleep environment** for your baby.

How can you make a **safe sleep environment**?



- ▶ Always place baby **on his or her back** to sleep for all sleep times, including naps.



- ▶ **Room share**—keep baby's sleep area in the *same* room next to your sleep area. Your baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.



- ▶ Use a **firm sleep surface**, such as a mattress in a safety-approved* crib, bassinet, or portable play area, covered by a fitted sheet.



- ▶ Keep soft objects, toys, pillows, crib bumpers, and loose bedding **out of your baby's sleep area**.



- ▶ **Don't let baby get too hot during sleep.** Dress your baby in no more than one layer more of clothing than an adult would wear to be comfortable. A one-piece sleeper or wearable blanket can be used.

***Visit** the U.S. Consumer Product Safety Commission website for more information about safety-approved baby sleep areas:
<http://www.cpsc.gov/en/Safety-Education/Safety-Education-Centers/cribs/>



Learn more about ways to reduce the risk of SIDS and other sleep-related causes of infant death at

<http://safetosleep.nichd.nih.gov>