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.


**Learn more** about ways to reduce the risk of SIDS and other sleep-related causes of infant death at [http://safetosleep.nichd.nih.gov](http://safetosleep.nichd.nih.gov)