

Infant Sleep Safety

Safe sleep greatly reduces the risk of sudden infant death syndrome (SIDS) and other sleep accidents. Follow the ABCs of infant sleep safety.

A: ALONE: Do not sleep with your baby.

B: On my BACK: Tummy and side positions are not safe.

C: In a safe CRIB: Do not put fluffy or loose items in crib.

Create a safe sleep environment and reduce the risk of **SIDS**.

- Always place a baby on his or her back to sleep for naps and at night.
- Place your baby in a safety-approved crib, bassinet or portable crib for sleep.
- Use a firm and flat sleep surface covered by a fitted sheet.
- Your baby should not sleep in an adult bed, on a couch or on a chair alone, with you or with anyone else.
- Keep your baby's sleep area in the same room where you sleep. Practice room sharing not bed sharing.
- Dress your baby in sleep clothing, like a wearable blanket.
- Do not let your baby get too hot during sleep.
- Do not put pillows, blankets, sheepskin, crib bumpers or toys in your baby's sleep area.
- Make sure nothing covers your baby's head.
- Do not use bouncy seats, swings, infant carriers and strollers for routine sleep.
- Do not smoke or let anyone else smoke around your baby.
- Breastfeeding can help reduce the risk of SIDS for your baby.
- Think about giving your baby a pacifier that is not attached to a string for naps and nighttime sleep.
- Follow health care provider guidance on your baby's vaccines and regular health checkups.