



INFANT SAFE SLEEP RECOMMENDATIONS

Newborn babies sleep an average of 16 hours per day. It is very important to protect babies while they are sleeping as well as while they are awake. You can reduce the risk of Sudden Infant Death Syndrome (SIDS) by following a few simple rules when putting baby down to sleep.

- **Always place your baby on his or her back to sleep, for naps and at night.** The back is the safest position for all babies, including preterm babies.
 - Give your baby plenty of tummy time when he or she is awake and when someone is watching. Supervised tummy time helps your baby's neck, shoulder, and arm muscles get stronger. It also helps to prevent flat spots on the back of your baby's head.
- **Place your baby on a firm sleep surface, such as a safety-approved crib mattress, bassinet, or Pack n'Play.** A mattress should be covered with a fitted sheet only. Never place your baby to sleep on a couch, pillow, quilt, or any other soft surface. Do not use a car seat, carrier, swing, or similar product as baby's everyday 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.** Do not fall asleep with your baby in your bed or in any other place while you are holding your baby (such as on a sofa or a recliner). Room sharing - keeping your baby's sleep area in the same room where you sleep - reduces the risk of SIDS and other sleep-related causes of infant death.
- Do not overheat your baby. Overdressing babies or raising the room temperature too high can increase the risk for SIDS. If the room feels comfortable for you, it's comfortable for your baby.
- **Keep soft items out of your baby's bed. No stuffed animals, no crib bumpers, no blankets, no quilts, no baby positioners.** This will greatly reduce the possibility for accidental suffocation.
 - Do not cover your baby with a loose blanket. Instead, dress your baby in a sleeper appropriate for the room temperature.
- **Do not smoke or allow anyone else to smoke around your baby.**
- Give your baby a pacifier, that is not attached to a string, for naps and at night. But don't force the baby to use it. If the pacifier falls out of baby's mouth during sleep, there is no need to put it back in.
- Avoid products that claim to reduce the risk of SIDS and other sleep-related causes of infant death. These wedges, positioners, and other products have not been tested for safety or effectiveness.
- Do not use home heart or breathing monitors to reduce the risk of SIDS.