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.

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

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

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

- ▶ Dress your baby in **no more than one layer of clothing more than an adult would wear** to be comfortable, and leave the blanket out of the crib. A one-piece sleeper or wearable blanket can be used for sleep clothing. Keep the room at a temperature that is comfortable for an adult.

Safety-approved* portable play yards can also provide a safe sleep environment for your baby. When using a portable play yard, always place baby to sleep on his or her back and keep toys, pillows, and blankets out of the play yard. These actions help reduce the risk of SIDS and other sleep-related causes of infant death.

*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/

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