



Sleeping Safely

- Placing your baby on its back to sleep is the way to reduce the risk of sudden infant death syndrome (SIDS).
 - At one time it was thought that babies would choke if they were put to bed on their backs.
 - Healthy babies automatically swallow or cough up fluids.
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- Babies under 1 year old need a safe place to sleep:
 - When taking naps.
 - When going to bed for the night.
 - When visiting or traveling.
 - Keep your baby's sleep area close to where you and others sleep.
 - Never share your bed with your baby while you are sleeping.
 - Use a crib that meets the current safety standards.
 - The crib mattress should be firm, flat, and covered with a tight-fitting crib sheet only.
 - Always place baby on his/her back for sleep.
 - Remove anything that could stop the baby from getting air.
 - Use a wearable blanket or blanket sleeper to keep your baby warm.
 - Pillows and stuffed animals should not be in the baby's sleep area.
 - When you are breastfeeding your baby in bed and you are finished, place the baby in its own bed or sleep area.
 - Sleeping with the baby in your bed is not safe for the following reasons:
 - Soft pillows, blankets, quilts, and padded mattress tops greatly increase the risk of SIDS and suffocation.
 - Adults may accidentally roll onto the baby.
 - Baby may get stuck between the mattress and the wall, or the head or footboard.



- Baby could roll off the bed.
- Baby could roll off the bed onto soft clothing and suffocate.

Photos courtesy of the Back to Sleep campaign, National Institute of Child Health and Human Development, NIH, DHHS.

Sudden Infant Death Syndrome (SIDS)

- SIDS is the sudden and unexplained death of an infant who is younger than 1 year old.
- This is the leading cause of death of babies in this age group.
- Some babies are born with a problem in the brain area that controls important functions such as heart rate, breathing, and body temperature.
- The baby's brain does not tell the baby that it is too hot so the baby keeps sleeping.
- Overheating can increase the risk of SIDS.
- The baby sleeps, and this can trigger a SIDS death.
 - Do not overdress your baby.
 - The room temperature should be comfortable for you wearing short sleeves.
 - The crib should be away from drafts and vents.
 - Check your baby regularly for signs of overheating while sleeping.