

Guide to Safe Sleep for Your Infant

What are safe sleep practices for my baby?

- Always place your baby to sleep on his or her back. (*Some parents worry that this position is a choking risk for their baby. This is not true. However, it is fine to turn your baby's head to one side if you like. Alternate the side your baby's head is turned. We do not recommend propping baby on his or her side.*)
- Dress your baby lightly for sleep. Sleep clothing, such as sleepers, sleep sacks, and wearable blankets are better options than blankets.
- Set the room temperature in a range that is comfortable for a lightly clothed adult.
- Avoid letting your baby get too hot. Signs of this are sweating, damp hair, flushed cheeks, heat rash and rapid breathing.

What is a safe sleep environment for my baby?

The American Academy of Pediatrics (AAP) recommends against having your baby sleep in your bed. To help reduce the risk of suffocation and sudden infant death syndrome (SIDS):

- Never fall asleep with your baby on a sofa, recliner or chair as your baby may fall or get trapped between cushions.
- The safest place for your baby to sleep is in the room where you sleep.
- Place the baby's crib or bassinet within arm's reach of your bed for easier breastfeeding.
- Use a crib or bassinet with a firm mattress and a well-fitting sheet.
- Cribs and bassinets should be certified for safety by the Juvenile Products Manufacturers Association (JPMA).
- Place the crib or bassinet in an area that is always smoke-free.
- Don't place your baby to sleep on adult beds, chairs, sofas, waterbeds or cushions.
- No fluffy blankets, comforters, pillows, stuffed animals, bumpers or wedges in the crib.

What about bed-sharing?

Only bring your baby into your bed to feed or comfort. Place your baby back in his or her own sleep space when you are ready to go to sleep. If there is any possibility that you might fall asleep, make sure there are no pillows, sheets, blankets or any other items that could cover your baby's face, head, and neck, or overheat your baby. As soon as you wake up, be sure to move the baby to his or her own bed.

For more information please go to:

<https://www.healthychildren.org/English/ages-stages/baby/sleep/Pages/A-Parents-Guide-to-Safe-Sleep.aspx>