

SAFE SLEEP FOR YOUR BABY



Reduce the Risk of
Sudden Infant Death
Syndrome (SIDS) and
Other Sleep-Related
Infant Deaths

Terms to Understand

SUID

This broad term describes all sudden, unexpected infant deaths, including those from a known cause, like an injury, and those from unknown causes.

Sudden Infant Death Syndrome (SIDS)

SIDS is a sudden, unexpected death of a baby younger than 1 year of age that doesn't have a known cause even after a full investigation. SIDS only occurs when there are no unsafe sleep factors present.



Other Sleep-Related Deaths:

Entrapment or wedging:

Baby's body or head gets stuck between two objects, like a mattress and wall, bed frame, or furniture

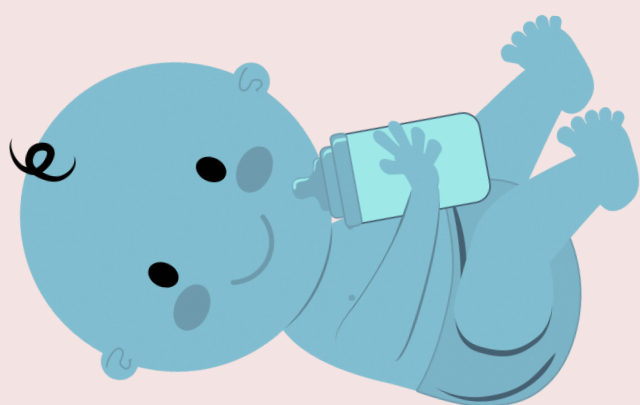
Suffocation:

Something, such as a pillow or adult's arm, covers baby's face or nose

Strangulation:

Something presses on or wraps around baby's neck

15 Ways to Create a Safe Sleep Environment



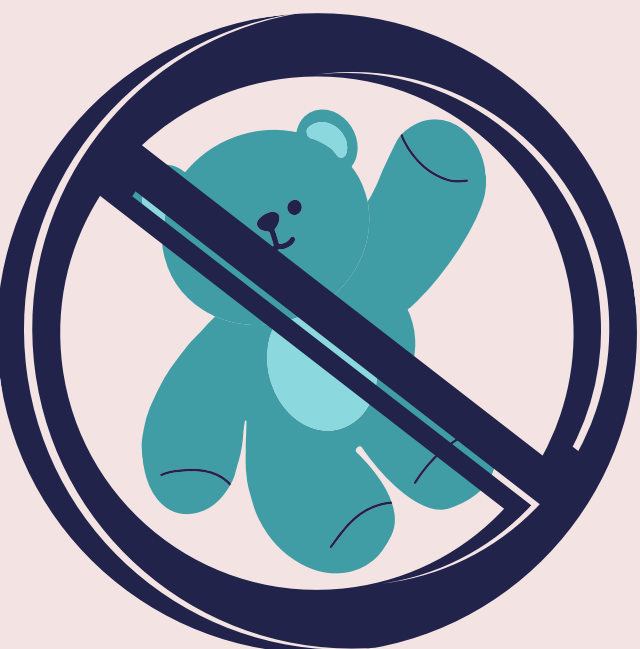
Place babies to sleep on their backs anytime they are sleeping.

Use a sleep surface that is firm, flat, & level.



Share your room, NOT your bed, with baby for at least the first 6 months.

Feed baby human milk, by breast feeding, pumping, or donor milk.



Keep baby's sleep area FREE from any objects, toys, or other items.



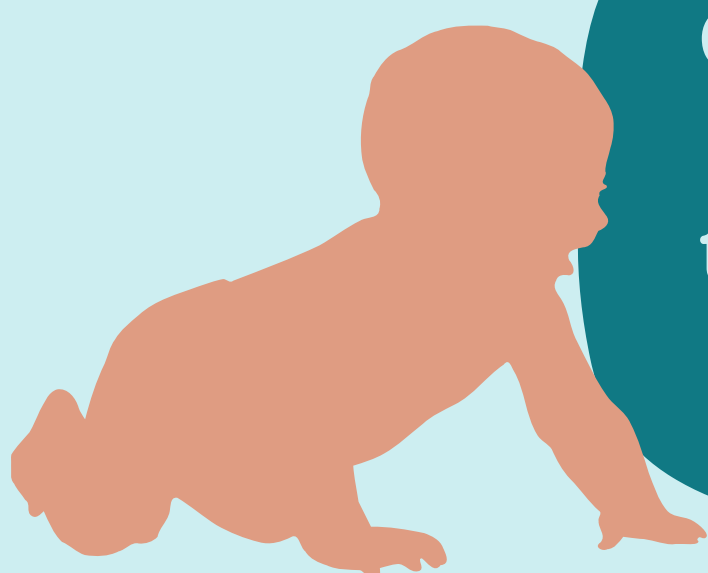
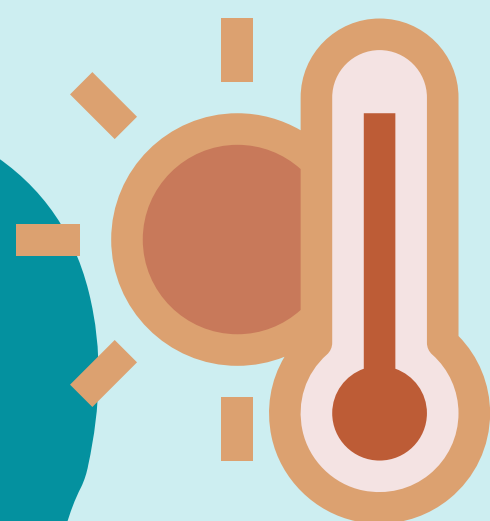
Offer baby a pacifier for naps and at night.

No smoking or vaping during pregnancy & keep baby's environment smoke & vape free.



Avoid alcohol & drug use during pregnancy & when caring for baby.

Avoid overheating & placing any coverings on the head or over the face of the infant.



Give baby plenty of tummy time while they are awake and being supervised.



Obtain regular prenatal care throughout pregnancy.

Follow the guidance of your doctor or pediatrician on vaccines, checkups, and other health issues for baby.



Avoid products and devices that go against safe sleep recommendations, especially those that claim to “reduce” the risk of SIDS.

Sitting devices are NOT recommended for routine sleep



Avoid swaddling once baby starts to roll over

Spread The Word!

Make sure everyone who cares for your baby knows the ways to reduce the baby's risk for sleep-related death. Talk with your health care provider about any questions or challenges related to safe sleep practices for your baby.



Help family members, siblings, grandparents, babysitters, day care workers—**EVERYONE** who cares for your baby— reduce your baby's risk by sharing these safe sleep messages with them.