

SAFE SLEEP

Unsafe sleep and SIDS deaths are the number one cause of death of infants age 1 to 12 months.

Infants up to 12 months of age should sleep ALONE, on their BACKS, in a CRIB, bassinet, or pack and play every time they sleep, including nap times.

What does a safe sleep environment look like?

ABCs

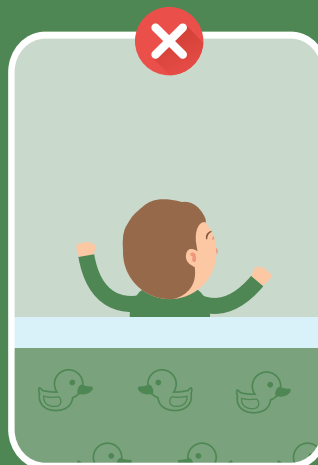
ALONE

- No pillows, toys, blankets, or crib bumpers should be in the baby's sleeping area
- Do not share a bed with the baby. Bed sharing poses a risk of suffocation and/or strangulation from the mattress, blankets, or from rolling on top of the baby.



BACK

- Always place the baby on his or her back on a flat, firm surface when they go to sleep as it reduces the risk of overheating, suffocation, and choking.



CRIB

- The baby should always sleep in a crib, bassinet, or pack and play, NOT in beds, couches, or inclined sleepers.

