

What Does a Safe Sleep Environment Look Like?

The image below shows a safe sleep environment for a baby.



Give babies their own sleep space in your room, separate from your bed.



Use a firm, flat, and level sleep surface, covered only by a fitted sheet.



Remove everything from baby's sleep area, except a fitted sheet to cover the mattress.

No objects, toys, or other items.



Place a wearable blanket to keep baby warm without blankets in the sleep area.

Make sure baby's head and face stay uncovered during sleep.



Place babies on their backs to sleep, for naps, and at night.



Couches and armchairs are not safe for baby to sleep on alone, with people, or with pets.



Keep baby's surroundings smoke/vape free.



know the safe-sleep

A

B

C

s



your baby
should sleep

ALONE

Adult beds are dangerous for babies.

- Your baby can get trapped between the bed, wall, or bedframe, and be unable to breathe.
- They can suffocate when sleeping on soft surfaces, and smothered by blankets, comforters, and pillows.
- They can suffocate in bed when another child or adult rolls over or onto them.
- They can roll off the bed and be injured.

**Put them in a baby-safe bed or a crib beside your bed.
Your baby will know you're nearby.**

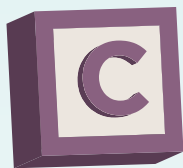


your baby should
sleep on their

BACK

Reduce sudden infant death syndrome (SIDS) risks.

- Put your baby to bed on their back. Make sure to instruct anyone caring for your baby about baby-safe places for sleeping and that they must put your baby to sleep on their back.
- Schedule regular infant health check-ups and immunizations.
- If you're able, breastfeed your baby. Breast milk is best because it has antibodies that protect your baby's health.
- Start tummy-time soon after your baby is born as part of their supervised daily play. Tummy-time helps your baby develop and grow stronger.



your baby
should sleep in a

CRIB

Your baby is safest sleeping:

- On a firm mattress in a baby-safe crib approved by the U.S. Consumer Product Safety Commission.
- On crib sheets that fit tightly over the mattress.
- With no loose blankets, quilts, sheets, or comforters.
- With no pillows, soft toys, stuffed animals, or bumpers.
- Dressed in a sleeper appropriate for the room's temperature. Don't let your baby get overheated. Keep the room temperature comfortable for a lightly-clothed adult.
- In a smoke-free home.



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more.

