

Safe Sleep



SCAN + PLAY

The CDC estimates that nearly 3,500 U.S. infants die suddenly and unexpectedly every year while they are sleeping. These sleep-related deaths include fatalities from sudden infant death syndrome (SIDS) as well as accidental suffocation, and strangulation. SIDS is the leading cause of SUID for infants under 1 year old, especially from birth to 4 months.

Updated Consumer Product Safety Commission (CPSC) regulations went into effect in 2022. Products intended for infant sleep—including inclined sleepers, travel and compact bassinets, and in-bed sleepers—must now have an incline of 10 degrees or less. This change is based on conclusive evidence that flat, rigid surfaces provide a safe sleep environment for babies under 5 months old.

Do not place your baby in any product that does not meet this new federal safety standard. If you don't have access to a safety-approved sleep space for your baby, you can temporarily use a box, basket, dresser drawer, or similar flat object for sleep. Line the flat space with thin, firm padding and only use it until you can move your baby into a CPSC-approved bed or other sleep product.



ALONE

Your baby should sleep alone, not with other people, pillows, blankets, or stuffed animals.



BACK

Your baby should always be placed on their back, not their side or stomach.



In Their CRIB

Your baby should sleep in a crib, not on an adult bed, sofa, cushion, or other soft surface.



Tips

Tips for safe sleep

- Always place your baby on their back to sleep and nap.
- Use a firm and flat (not inclined) sleep surface, like a mattress in a safety-approved crib, play yard, or other flat surface covered by a fitted sheet.
- When your baby falls asleep in their car seat, stroller, swing, infant carrier or sling, move them to a firm, flat sleep surface as soon as possible.
- Keep all soft objects (pillows, blankets, toys, bumper pads, etc.) out of the crib.
- Dress your baby in a well-fitting, one-piece sleeper.
- Keep your baby's head and face uncovered during sleep.
- Keep your baby warm with a wearable (not loose) blanket.
- Keep the room temperature comfortable and dress your baby in one more layer than you would wear.

HOW TO KEEP YOUR BABY SAFE

- Don't smoke or allow others to smoke around your baby.
- Don't drink alcohol or use drugs around your baby.
- Don't use commercial devices or cardiorespiratory (CR) monitors unless ordered by your baby's doctor.
- Don't use items with loose ties on or around a sleeping baby, including bibs, pacifiers, cords, and other attachments.
- Don't use products claiming to reduce risk or prevent SIDS, including wedges, positioners, or other products designed to keep infants in a specific position.
- Don't place electrical cords, window blind cords, or baby monitor cords close to the crib.

Pacifier and SIDS

Your baby is born with the instinct to suck. Although giving them a pacifier can help satisfy this desire and sometimes calm your baby down, many experts recommend that you don't use a pacifier until after breastfeeding is going well, usually around 3 to 4 weeks of life.

Here's why:

- When your baby sucks on your breasts, it stimulates breasts to keep making milk
- Giving your baby a pacifier too soon may inadvertently decrease your milk supply
- Using a pacifier may make it harder for you to recognize your baby's feeding cues

Giving your baby a pacifier at bedtime and naptime can help lower the risk of SIDS. If your baby doesn't like the pacifier, don't force them to take it. If the pacifier falls out of their mouth, don't put it back in. Never attach a pacifier to the baby's clothing, hang it around their neck, or put any substance on it. Pacifiers should be cleaned and checked often, and replaced regularly.



Rooming-In/Room Sharing

Rooming-in (sharing a room but not a bed with your baby) is good for their overall health and development. Unless there is a medical issue that requires you to be separated, most hospitals allow parents to room-in during your stay. If you had a cesarean birth, are taking narcotic pain medication, or don't have a companion in the room with you, the nursing staff will be there to help.

The benefits of room sharing

- Can lower the risk of SIDS
- Helps you learn your baby's feeding cues and feed them often
- You make more milk when you breastfeed more often
- You are close enough to soothe your baby when they cry
- You get more rest by sleeping when the baby sleeps
- Helps you learn to be more confident caring for your baby

Safe Hospital Rooming-in Guidelines:

- Pull the emergency cord or push the call button any time you need help
- Never leave your baby alone or unattended for any reason
- Keep the crib close to your bed and far from the doorway
- If you're alone and need to use the restroom, move the crib to the restroom door and leave the door open
- Never give your baby to someone you don't know or who can't show you their hospital identification badge
- Always follow the hospital's security procedures to keep you and your baby safe

Rooming-in is so valuable the AAP encourages parents to keep doing it at home. Because it also reduces the risk of SIDS, the AAP recommends rooming-in until your baby is at least 6 months old.