

What Does a Safe Sleep Environment Look Like?

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



- Use a firm sleep surface, such as a mattress in a safety-approved* crib, covered by a fitted sheet.
- Do not use pillows, blankets, sheepskin, or crib bumpers anywhere in your baby's sleep area.
- Keep soft objects, toys, and loose bedding out of your baby's sleep area.
- Do not smoke or let anyone smoke around your baby.
- Make sure nothing covers the baby's head.
- Always place your baby on his or her back to sleep, for naps and at night.
- Dress your baby in light sleep clothing, such as a one-piece sleeper, and do not use a blanket.
- Baby should not sleep in a adult bed, on a couch, or on a chair alone, with you, or with anyone else.

****For more information on crib safety guidelines, contact the Consumer Product Safety Commission at 1-800-638-2772 or www.cpsc.gov***

A

ALONE

Always put me in my crib alone.
I shouldn't sleep in your bed or
have anyone else in mine.

B

BACK

Always put me on my back to
sleep – at night or even when
I'm just napping.

C

CRIB

Always make sure the only
thing on my firm mattress is
a fitted sheet. No blanket.
No stuffed animals.