

What Does a Safe Sleep Environment Look Like?

HAPPY, COMFORTABLE, SAFE AND LOVED

I'm **happy** when ...

I sleep alone in my crib.

My crib is next to my parents.

I'm **comfortable** when ...

I sleep on my back for naps and at bedtime.

I don't have a hat on when I sleep.

I'm **safe** when ...

My crib has no blankets, toys, pillows or bumper pads.

People don't smoke around me.

Reduce the risk of sudden Sudden Infant Death Syndrome (SIDS) and other sleep-related causes of infant death.

SIDS is the leading cause of death in babies one month to one year of age. SIDS happens suddenly and unexpectedly to a baby during sleep.

Make sure baby sleeps safely with the following tips:



Always place baby on his or her back to sleep, including naps.



Dress baby in sleep clothing, such as a one-piece sleeper. Make sure nothing covers baby's head.



Place baby to sleep on a firm surface such as a mattress in a safety-approved* crib, bassinet and play yard covered by a fitted sheet.



Place baby to sleep in his/her crib alone, next to where parents sleep, NOT on an adult bed, a couch or on a chair with you, or with anyone else.



Keep soft objects (like pillows, blankets and sheepskins), toys, crib bumpers and loose bedding out of baby's sleep area.



Make your home a smoke-free zone! Do not smoke or let anyone smoke around baby.

FOR MORE INFORMATION ON CRIB SAFETY GUIDELINES, GO TO CPSC.GOV

