

A photograph of a baby sleeping peacefully in a crib. The baby is wearing a yellow and white striped onesie and has their arms raised above their head. The crib has white slats and a white sheet with a small green pattern. The background is a dark blue textured area.

# Does Your Baby Sleep Safe?

Prevent unsafe sleep related deaths and reduce the risk of Sudden Infant Death Syndrome (SIDS) by **creating a safe sleep space for your baby.**



Learn more at [SafeSleepNC.org](http://SafeSleepNC.org)

# How to make a **Safe Sleep Space** for Baby



## **Share your room, not the bed.**

Keep baby's crib, bassinet, or pack n play in the same room. Baby should not sleep in an adult bed, on a couch, or on a chair, alone, with you or with anyone else.



## **Put baby to bed on their back for every sleep.**

This is the safest sleep position for babies.



## **A bare sleeping space is best.**

Baby's sleeping place should not include blankets, pillows, fluffy toys, or crib bumpers. Just a tight-fitting sheet on a firm mattress.



## **Use a firm sleep surface in a safety-approved crib, bassinet, or pack n play.**

All new cribs sold after June 28, 2011 meet current safety standards.



**Don't let baby get too hot during sleep.** At most, a baby should wear only one layer more of clothing than an adult would wear to be comfortable.



**Keep your home and car smoke and vape free.** Keeping baby free of second-hand smoke and vape helps to reduce the risk of death. Need help quitting? Contact Quitline NC at 1-800-QuitNow.

## **Common Safe Sleep Questions**

### **Won't my baby choke on her back?**

No. Infants are actually less likely to choke when placed on their backs. When your baby is on their stomach, anything spit up can block the windpipe and cause choking or breathing problems.

### **My mother tells me that my baby should sleep on his stomach or side, should I still put my baby on his back to sleep?**

Yes. We have learned over the years that infants are less likely to die from SIDS if they are placed on their back for every sleep.

### **How am I going to breastfeed if my baby doesn't sleep with me?**

Put your baby's crib near your bed so that you can easily pick her up for feedings during the night and then return her to her crib for sleeping.

### **How will I bond with my baby if he doesn't sleep with me?**

There are lots of other time for bonding with your infant, but when your baby is sleeping it is safest for them to be in their own space. You might sleep better too.

### **I know a lot of people who sleep with their babies, how can it not be safe?**

The truth is babies are more likely to suffocate when they sleep with an adult or another child.

### **What if I fall asleep with my baby?**

Ask others to move the baby back to her crib or set an alarm for yourself to wake up and move her. You can remove all bulky bedding from your bed to reduce the risk of suffocation. However, there is no 100% safe way to bed-share with a baby.