



Safe sleep for your baby

More than 3,500 babies in the US die suddenly and unexpectedly every year while sleeping, often due to sudden infant death syndrome (SIDS), accidental deaths from suffocation, or strangulation.

In an effort to reduce the risk of all sleep-related infant deaths, we have provided several recommendations for safe sleep for your baby.

See the reverse side for more about safe sleep.



Recommendations for safe sleep for your baby

- Your baby should always sleep alone.
- Use a firm sleep surface, such as a mattress in a safety-approved crib, covered by a fitted sheet.
- Always place your baby on their back to sleep for naps and at night.
- Your baby should always sleep in a crib or a pack 'n play.
- Put nothing in the baby's sleep area.
- Dress your baby in sleep clothing such as a one-piece sleeper and do not use a blanket.
- Do not smoke or allow anyone who smokes around your baby.
- Do not allow your baby to sleep in car seats or swings.

For more information, visit
glennon.org/safetyprogram

