

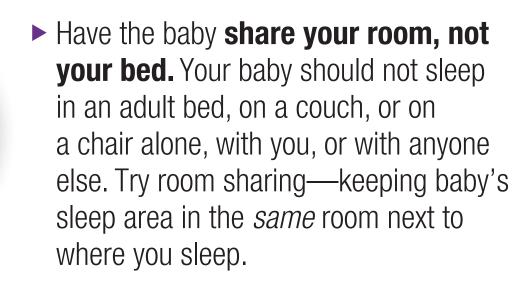
Did you know that the features of your baby's sleep area can affect his/her risk for **Sudden Infant Death Syndrome (SIDS)** and other sleep-related causes of infant death, such as suffocation?

**Reduce the risk** of SIDS and other sleep-related causes of infant death by **creating a safe sleep environment** for your baby.

## How can you make a **safe sleep environment**?



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



► Use a firm sleep surface, such





as a mattress in a safety-approved\* crib, covered by a fitted sheet.

- Keep soft objects, toys, pillows, crib bumpers, and loose bedding out of your baby's sleep area.
- Dress your baby in no more than one layer of clothing more than an adult would wear to be comfortable, and leave the blanket out of the crib. A one-piece sleeper or wearable blanket can be used for sleep clothing. Keep the room at a temperature that is comfortable for an adult.

**Safety-approved\* portable play yards** can also provide a safe sleep environment for your baby. When using a portable play yard, always place baby to sleep on his or her back and keep toys, pillows, and blankets out of the play yard. These actions help reduce the risk of SIDS and other sleep-related causes of infant death.

**\*Visit** the U.S. Consumer Product Safety Commission website for more information about safetyapproved baby sleep areas: http://www.cpsc.gov/en/Safety-Education/Safety-Education-Centers/cribs/



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Learn more about ways to reduce the risk of SIDS and other sleep-related causes of infant death at http://safetosleep.nichd.nih.gov