



Reducing the Risk of Sleep-related Infant Death

- **Back to Sleep.** Place a baby to sleep on his or her back (not side or tummy)—every time.
- **Babies should sleep in their own safe place.** Babies should not sleep in a bed, couch or armchair or with adults or other children.
- **Firm sleep surface.** Place the baby to sleep in a bassinet, crib, cradle, or portable crib on a firm mattress with a tight-fitted sheet. Be sure the crib is safety approved with slats no more than 2 3/8" apart. (See the U.S. Consumer Product Safety Commission web site at <http://www.cpsc.gov/cpsc/pub/pubs/cribsafe.html> or call 1-800-638-2772).
- **Safe sleep environment.** No fluffy or loose bedding, soft objects, or toys should be kept in the baby's sleep area. Don't use pillows, blankets, quilts, sheepskins, or pillow-like crib bumpers in the baby's sleep area, and keep all items away from the baby's face.
- **Sleep near, but separate from your baby.** Breast feed and bond with your baby in bed, but before you sleep, put baby in his or her own bassinet, crib or cradle.
- **No smoking around the baby** during pregnancy or after the birth of the baby. Make your baby's home smoke-free and ask others not to smoke around the baby.
- **Avoid overheating.** Dress the baby in light sleep clothing and keep the room at a temperature that is comfortable for an adult.
- **Consider using a clean dry, pacifier** when placing the baby down to sleep, but don't force the baby to take it. If breastfeeding, wait until the baby is used to breastfeeding before using a pacifier.

Talk about these sleep rules with child care providers, grandparents, babysitters, and everyone who cares for your baby.

As more research is conducted on infant sleep position and SIDS, the partners in the *Back to Sleep* campaign (see below) will continue to modify their recommendations so that the most scientifically sound information is communicated to families and caregivers.

Sources:

National Institute of Child Health and Human Development. Back to Sleep Campaign. Available at <http://www.nichd.nih.gov/sids/>. Accessed May 28, 2009.

(Back to Sleep campaign sponsors include: National Institute of Child Health and Human Development; Maternal and Child Health Bureau; American Academy of Pediatrics; SIDS Alliance/First Candle; Association of SIDS and Infant Mortality Programs. Partners include: Alpha Kappa Alpha Sorority; Chi Eta Phi Sorority; Chicago Department of Public Health; Congress of National Black Churches; District of Columbia Department of Health; National Association for the Advancement of Colored People; National Black Child Development Institute; National Coalition of 100 Black Women; National Medical Association; National Association of Black-Owned Broadcasters; Pampers Parenting institute; Zeta Phi Beta Sorority.)

- Safe Sleep for Your Baby: Ten Ways to Reduce the Risk of Sudden Infant Death Syndrome (SIDS)--General Outreach. Available at http://www.nichd.nih.gov/publications/pubs/safe_sleep_gen.cfm. Accessed May 28, 2009.
- Safe Sleep for Your Baby: Reduce the Risk of Sudden Infant Death Syndrome (SIDS)--African American Outreach. Available at http://www.nichd.nih.gov/publications/pubs/upload/safe_sleep_aa1.pdf. Accessed May 28, 2009.

National Sudden and Unexpected Infant/Child Death and Pregnancy Loss Resource Center. Available at <http://www.sidscenter.org/SafeSleep/AroundtheClock.html>. Accessed May 28, 2009.

American Academy of Pediatrics. Task Force on Sudden Infant Death Syndrome Policy Statement. The changing concept of sudden infant death syndrome: Diagnostic coding shifts, controversies regarding the sleeping environment, and new variables to consider in reducing risk. *Pediatrics*, 2005;116, 1245–1255. Available at <http://aappolicy.aappublications.org/cgi/reprint/pediatrics;116/5/1245.pdf>. Accessed May 28, 2009.

U.S. Consumer Product Safety Commission. Crib Safety Tips. Available at <http://www.cpsc.gov/cpscpub/pubs/cribsafe.html>. Accessed May 28, 2009.