

SAFE SLEEP

HELP YOUR BABY SLEEP SAFE AND SOUND

Sudden Infant Death Syndrome (SIDS) is most common among infants that are 2-4 months old. However, babies are at risk of SIDS until they are 12 months old. Remember the ABCs of safe sleep - Make sure baby:

- A - Sleeps alone
- B - On their backs with no blankets or bedding
- C - In a crib and cool (70 degrees)
- S - In a smoke-free environment

- Share a room with your baby, not a bed.
- Don't place babies to sleep on chairs, sofas, waterbeds, or cushions.
- Never share a sleep surface with your baby if you are:
 - A smoker
 - Under the influence of alcohol or drugs
 - Taking medications that causes sleepiness
 - Sick or really tired
 - Upset or angry
 - Obese or severely overweight