

SAFE SLEEP 101

ABCs of
Safe Sleep



Sleep Alone



on their Back



Clutter-free Crib



Reduce the Risk of SIDS!

Pregnant women and caregivers should:

1. Receive regular prenatal care
2. Maintain a smoke-free environment
3. Avoid alcohol and illicit drug use
4. Follow breastfeeding recommendations



KNOW THE SIDS* FACTS...

#1 Cause of Infant Deaths 1-12 Months

3,500 Total Deaths Each Year in the U.S.

61x Greater Risk of SIDS for Babies Who Share a Sleep Surface

60% Lower Risk of SIDS for Babies Who Receive Breastmilk

*Sudden Infant Death Syndrome (SIDS) and Sudden Unexpected Infant Death (SUID)

Easy Tips to Follow!

- Make sure the crib meets safety standards
- Avoid putting baby in warm rooms or overheating
- Use a pacifier without cords or clips
- Supervise awake tummy time
- Follow immunization recommendations

THINK **S.N.O.R.E.S.** FOR KEEPING A SLEEPING BABY SAFE!

S—Smoke-free environment

N—No blankets or loose bedding

O—On their back to sleep

R—Room sharing, not bed sharing

E—Empty crib, free of toys & other soft bedding

S—Surface of mattress is firm



FOLLOWING SAFE SLEEP PRACTICES SAVES LIVES!

For more information check out - www.kidsks.org

Sources: Center for Disease Control and Prevention; www.cjsids.org/resource-center/sids-statistics.html; www.cpsc.gov; American Academy of Pediatrics