Safe Sleep for Your Baby

The safest place for a baby to sleep is in the same room with a parent or caregiver, on a firm sleep surface, such as a safety-approved crib, bassinet, or playpen.

It is recommended that babies are always placed on their backs to sleep; consider giving them a pacifier during naps. Babies are placed on their tummies only when awake and supervised by a responsible caregiver.

To prevent overheating, babies should sleep in lightweight clothing, and the room should be kept at a temperature comfortable for an adult.

A safe sleep environment is important!
In Arizona, 65 babies less than one year old died in unsafe sleeping environments during 2013:

- 34 babies died while co-sleeping (bed sharing with adults and/or other children)
- 28 babies died while sleeping on their sides or stomachs
- 5 babies died while sleeping on a couch/futon
- 4 babies died while sleeping in a car seat

Check out these national resources for more information:

- National Institute of Child Health and Human Development (www.nichd.nih.gov/

Visit www.azdhs.gov/phs/owch/uid.htm for additional information about safe sleep for your baby.

Safe Sleep Checklist for Caregivers:

My baby:

◊ Sleeps alone in a crib, bassinet, or playpen
◊ Is placed to sleep on their back
◊ Sleeps in a crib without extra bedding or toys. This includes pillows, blankets, comforters, sleep positioners, stuffed toys, or other soft objects in the crib
◊ Sleeps on a tightly fitted sheet over a firm mattress that fits tightly into the crib
◊ Cribs are placed away from windows
◊ Sleeps and lives in a smoke-free environment

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