

# Safe Sleep

Putting your baby in a safe sleep environment helps reduce Sudden Infant Death Syndrome (SIDS). SIDS is the sudden death of a baby from unknown causes before the baby is one year old. The exact cause of SIDS is not known, but there are some simple actions you can take to reduce the risk of SIDS.



## Safe Sleeping with your Baby

*Having your baby sleep near you is safer, helpful for bonding and maintaining close contact and aids in breastfeeding.*

You may choose to place the crib next or close to your bed and/or to share your bed with your baby.

## DO NOT sleep with your baby if you:

- smoke or drink alcohol
- take medications which could make you sleepy
- are very tired or do not wake up easily
- sleep on a soft surface like a waterbed or couch
- share your bed with other children or pets
- sleep in a bed that has a headboard, footboard, railings or is placed against a wall; consider placing a firm mattress on the floor to prevent the baby from becoming trapped or falling.

## Safe Sleep Tips

- Place babies on their BACKS to sleep for naps and at night.
- Make sure no one smokes in your home or around your baby.
- Keep soft blankets, toys, bumper pads and pillows away from babies' sleeping space.
- Don't wrap the baby with lots of blankets and clothes.
- Don't put the baby to sleep on soft surfaces such as a couch, pillow, recliner, waterbed, or beanbag chair.
- Keep baby close enough to see or hear if problems arise.
- Share this information with everyone who cares for your baby.



Learn more online at [www.lanecounty.org/prevention](http://www.lanecounty.org/prevention)