

# Safe Sleep For Your Baby



## Did You Know?

**Every year, many Tennessee babies die from sleep-related causes.**

**Most of these deaths are preventable.**



**The following guidelines to prevent sleep-related deaths are recommended by the American Academy of Pediatrics:**

- **Always place babies on their backs to sleep at night and at nap time.** Babies who sleep on their backs are less likely to die of Sudden Infant Death Syndrome (SIDS).
- **Babies should always sleep in a crib.** The safest place for a baby is in the same room as the parents but alone in a separate sleep area.
- **Keep loose objects, soft toys, and bedding out of the baby's sleep area.** Do not use pillows and blankets in a baby's sleeping area. A baby should sleep in a crib with only a tight fitting sheet.
- **Avoid letting your baby overheat during the night.** A baby should be dressed lightly for sleep. Set the room temperature in a range that is comfortable for a lightly clothed adult.
- **Do not use crib bumpers.** These do not reduce injuries and can cause suffocation.
- **Avoid smoking.** Both maternal smoking during pregnancy and secondhand smoke after birth should be avoided.
- **Breastfeeding is recommended for at least the first six months of life.** Breastfeeding is associated with a reduced risk of SIDS.



**Remember the  
ABC's of Safe Sleep:  
Babies should sleep  
Alone, on their Back,  
and in a Crib.**

**Tennessee Department of Health**  
**safesleep.tn.gov**



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