

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

