

The ABCs of Safe Sleep for Infants

Sleep plays a vital role in the health and development of infants. Ensuring infants sleep safely should be a top priority for parents and caregivers. According to the American Academy of Pediatrics (AAP), the leading cause of death for infants is Sudden Unexpected Infant Death (SUID), which includes Sudden Infant Death Syndrome (SIDS)*. Practicing the following ABCs of safe sleep can reduce the risk of SUID and other sleep-related dangers.

*<https://www.aap.org/en/patient-care/safe-sleep/>

ALONE

Infants should sleep alone in their cribs without blankets, pillows, toys, people, pets, or other objects that could cause suffocation

BACK

Infants should sleep on their backs because it greatly reduces the risk of Sudden Infant Death Syndrome (SIDS). Sleeping on the stomach or side is not recommended.

CRIB

Infants should sleep in a crib on a flat, firm mattress and fitted sheet.



Other Tips

Avoid overheating

Dressing your infant in layers is recommended over having a blanket in the crib. However, avoid overbundling as it can cause overheating and increase the risk of SIDS.

Monitor tummy time

While back-sleeping is crucial for safety, your baby needs tummy time when awake and supervised to strengthen their neck and shoulder muscles.

Be cautious with sleep aids

Avoid using sleep positioners or wedges, as they can pose a suffocation risk. Stick to a firm mattress and a fitted sheet.

Educate caregivers

Ensure that everyone who cares for your baby understands and follows safe sleep practices. This includes grandparents, babysitters, and daycare providers.