

# Safe Infant Sleep Environment Checklist

Every caregiver can plan for safe infant sleep.

*Every night. Every nap. Every feeding. Every time.*

Share this information with grandparents, other family members, and childcare providers so that everyone caring for your baby follows safe infant sleep practices.

## ✓ Check for the following:

- Baby is placed **on their back** for every sleep, including naps.
- Baby's sleep area is **in your room**, close to your bed.
- Safety-approved\* non-inclined sleep surface that is **firm, flat**, and covered with a **well-fitted** sheet.
- Mattress that fits well and has **no spaces larger than two fingers** between the mattress and the side of the crib or bassinet.
- Smoke-free** space at a comfortable **room temperature** for a lightly clothed adult.



## ✗ Remove the following unsafe items from baby's sleep area:

- Pillows
- Quilts, comforters, or blankets
- Crib bumpers
- Stuffed toys, dolls, or other soft items
- Infant positioners or wedges
- Bottles or sippy cups

## ✗ Remove the following items from within reach of baby's sleep area:

- Drapes, curtains, window blinds, or shutters
- Crib mobile or other items attached to or hanging over crib
- Electrical cords
- Furnace vents, radiators, space heaters, or other heat sources
- Items that could burn, cut, or become wrapped around your baby

If you bring baby into your bed for feeding or comforting, remove all soft items and bedding before you start. If you fall asleep with baby in your bed, put them back on their own sleep surface as soon as you wake.

Visit [dshs.texas.gov/SafeInfantSleep](https://dshs.texas.gov/SafeInfantSleep) to learn more.



**Image source:** Elisabeth Millay/BreastfeedLA, API Breastfeeding Task Force, and NICHD.

\*Visit the U.S. Consumer Product Safety Commission website ([cpsc.gov](https://cpsc.gov)) for more information about crib safety and safety-approved infant sleep surfaces or to sign up for product recall notices.



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