

What does a *safe sleep* environment look like?

Adapted from the *Safe to Sleep*® campaign.



Room share. Give baby their own sleep space in your room, close to but separate from your bed.



Keep baby's surroundings **smoke- and vape-free.**



Place baby on their back to sleep for naps and at night.



Make sure **baby's head and face stay uncovered** during sleep.



Use a **firm, flat, and level sleep surface***, covered only by a fitted sheet.



Dress baby in sleep clothing to keep baby warm without blankets in the sleep area.



Remove everything from baby's sleep area, except a fitted sheet to cover the mattress. No objects, toys, or other items.



Couches and armchairs are not safe for baby to sleep on alone, with people, or with pets.

* The Consumer Product Safety Commission sets safety standards for infant sleep surfaces such as a mattress, and sleep spaces like a crib.

Visit www.cpsc.gov/SafeSleep to learn more.



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Safe sleep for your baby

Reduce the risk of sudden infant death syndrome (SIDS) and other sleep-related infant deaths

Adapted from the *Safe to Sleep*® campaign.

Feeding baby any human milk, even if formula or other foods are added, is more protective than not feeding human milk at all. The longer and more exclusively a baby gets human milk, the greatest protection from SIDS.



Place baby on their back to sleep, for naps and at night.



Use a sleep surface for baby that is **firm** (returns to original shape quickly if pressed on), **flat** (like a table, not a hammock), **level** (not at an angle or incline), and **covered only with a fitted sheet**.



Feed baby human milk, like by breastfeeding.



Share your room with baby for at least the first 6 months. Give baby their own sleep space (crib, bassinet, or portable play yard) in your room, close to but separate from your bed.



Keep things out of baby's sleep area. No objects, toys, or other items.



Offer a pacifier for naps and at night. If breastfeeding, offer a pacifier once baby is breastfeeding well.



Stay smoke- and vape-free during pregnancy, and keep baby's surroundings smoke- and vape-free.



Stay drug- and alcohol-free during pregnancy, and make sure anyone caring for baby is drug- and alcohol-free.



Avoid letting baby get too hot, and keep their head and face uncovered during sleep.



Get regular medical care throughout pregnancy.



Follow health care provider advice on vaccines, checkups, and other health issues for baby.



Avoid heart, breathing, motion and other monitors as your main way to reduce the risk of SIDS.



Give baby plenty of "tummy time" when they are awake, and when someone is watching them.



Avoid products or devices* that claim to "prevent SIDS" or those that do not meet the federal safety standards.



Avoid swaddling once baby starts to roll over (usually around 3 months of age), and keep in mind that swaddling does not reduce SIDS risk.

**Some examples of products and devices to avoid include wedges, positioners, inclined sleepers, and others that claim to "prevent SIDS" and sleep-related deaths.*

For more information about the *Safe Infant Sleep* campaign, visit

dshs.texas.gov/SafeInfantSleep



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