



Avoid using monitors or devices as your main way to reduce the risk of SIDS.

Choosing to use a monitor or device at home doesn't replace following all safe sleep guidance.

No product can prevent SIDS.

- If you are using a monitor or other device for reasons other than to detect SIDS, make sure you also follow all safe sleep practices.
- If you have questions, talk with your baby's doctor.
- If your baby was born too early or has a special health issue, talk with their doctor about how to follow safe sleep practices.



Be aware

Monitors and devices can give you a false sense of security.



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Sleep Surface
Special Health Conditions

Let's Talk – Monitors and Devices

Monitors and devices do not replace safe sleep recommendations.

For content resources, visit: dshs.texas.gov/SafeInfantSleep

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Family and Caregiver Common Questions

Do I need a special pillow or helmet to prevent "flat spots" on my baby's head?

There is no evidence to support that these products prevent flat spots or flat heads. This issue is something your baby's doctor can identify and treat. Your baby's doctor will let you know if any equipment like the use of a helmet is needed for your baby.

Placing pillows in your baby's sleep space is unsafe and not recommended.

Are there monitors or devices that will warn me if my baby isn't breathing when my baby sleep?

Monitors used at home do not prevent the risk of SIDS or warn you in time that your baby is at risk of SIDS.

Before you leave the hospital, your baby's doctor will talk with you about any health issues that may require special equipment to monitor your baby. Share any concerns you have with your baby's doctor.

Can I use a sleep positioner to help keep my baby on his or her back during sleep?

You should not use a positioner because it is not safe. There is no product that is sold that keeps your baby on his or her back and lowers the risk of death.

During the time of greatest risk (two - four months), most babies are not able to roll over on their own.

Once babies can roll over on their own, this kind of product would be an item in the crib that babies could potentially roll onto. It's best to keep nothing but baby in the crib



Let's Talk - Circle of Support

Continue to share safe infant sleep information with parents and caregivers throughout the first year to increase their use of safe sleep practices!

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