

# Safe Sleep

## ABCs of Safe Sleep

Babies sleep safest when they're...

**A**lone  
**B** on their  
**B**ack  
**C** in a  
**C**rib



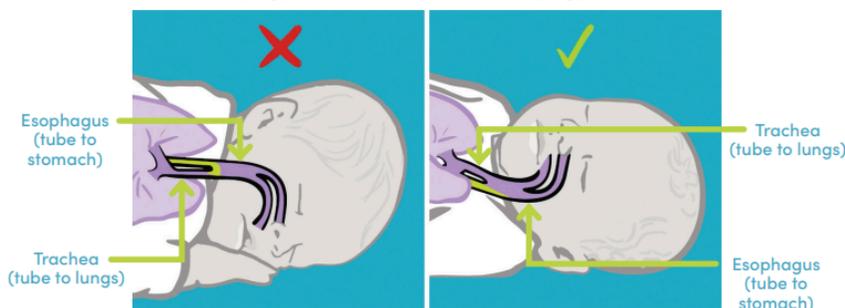
## Safe Sleep Tips

**Smoke exposure increases risk:** Secondhand smoke or smoking during pregnancy increases the risk of sleep-related death by harming your baby's breathing, making it harder for them to wake up if they stop breathing, and increasing risk of illness. If your baby has been exposed to smoke, it's even more important to follow the ABCs of Safe Sleep.

**Room sharing, not bed sharing:** For at least the first 6 months, it's recommended for babies to sleep in the same room as you, but not the same bed. This allows you to easily check on them and respond to their needs.

**Keep baby comfortable:** Set room temperature to a level that's comfortable for you and dress your baby in the same number of layers as you. Use a sleep sack if extra warmth is needed.

## Understanding how babies breathe:



## Why Use the ABCs?



### Alone

Babies should sleep on their own sleep surface, with nothing but them and a fitted sheet.

Pillows, blankets, toys, and bumper pads are all a suffocation risk.

If other adults, siblings, or animals sleep on the same surface as a baby, they may accidentally roll onto them or cause the baby to roll over and get stuck.



### Back

When a baby sleeps on their back, their air tube (trachea) is on top of their food tube (esophagus). If a baby spits up, it'll run back into their stomach and not their lungs.

Babies only breathe from their nose until 4-6 months old, and their airway is smaller than a straw. Sleeping on their back helps make sure they get enough oxygen and their airway isn't blocked.

Putting babies on their side isn't safe because it's easy for them to roll onto their stomach from this position.



### Crib

Cribs, bassinets, and Pack 'n Plays all have flat, firm surfaces designed for babies to sleep on.

Adult beds, sofas, air mattresses, and chairs have soft surfaces which can allow babies to roll or get trapped in a position where they can't breathe.

Sleeping in car seat, swing, or bouncer can put your baby's airway at an angle where they're not able to get enough oxygen—picture it like a bent straw.