

SAFE Sleep

SIDS(Sudden Infant Death Syndrome) is the leading cause of death for babies between one month and one year of age SIDS is also known as "crib death" because SIDS often happens when a baby has been sleeping and does not wake up. While the causes of SIDS remain a mystery. We do know that simple steps can be taken to reduce the risk of SIDS and ensure your child has a safe sleeping environment.

Prevention tips:

- Always place healthy babies on their backs for nighttime sleep and for naps. Letting babies sleep on their backs has other advantages besides lowering their chances of SIDS. Research shows that babies who sleep on their backs have:
 - Fewer colds
 - Fewer ear infections
 - Fewer fevers
- Use a sleep place like a crib, bassinet or playpen designed for babies - **do not sleep with the baby in your bed**
- Never put your sleeping baby on pillows, cushions, sofas or loose bedding
- Keep excess bedding, toys, stuffed animals and pillows out of the crib while baby sleeps
- Do not cover the crib or your baby's face with blankets
- Don't allow older siblings to sleep with your baby
- Prevent overheating. Keep room temperature between 68°F and 72°F and never more than 75°F
- Make sure your baby breathes air that is smoke free, don't allow anyone to smoke near your baby or in your home or car
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If your child is with another caregiver, whether that be a daycare center or with another family member, ensure they use these safe sleeping guidelines as well.

For more information visit www.nhealthystart.org, www.aap.org or www.usa.safekids.org.