



Clearing the Way for Safe Infant Sleep

The change of seasons is a great time to remind parents and caregivers of the many ways they can help babies sleep safely. As families freshen up their indoor and outdoor spaces, it's also important to create a safe sleep environment for baby.

Share these recommendations for baby's sleep space:

- **Remove all bedding except for a fitted sheet on the mattress.** [Research](#) links crib bumpers and bedding other than a fitted sheet covering the baby's mattress to serious injuries and sleep-related infant deaths.
- **Clear baby's sleep space of all toys, blankets, and other items.** Store essential supplies, such as clothing, burp cloths, and diapers, nearby, not in baby's sleep space. Even lightweight things in the sleep area can increase baby's risk for sleep-related death.
- **Dress baby appropriately.** Use a wearable blanket to keep baby warm without loose blankets in the sleep area. Take hats off when inside and make sure baby's face and head stay uncovered during sleep.
- **Avoid products and devices that go against safe sleep guidance.** Many wedges, positioners, or other products that claim to keep babies in one position or to reduce baby's risk do not meet federal guidelines for infant sleep safety. These products are linked to injury and death, especially when used in baby's sleep area.
- **Make sure baby's sleep surface is firm, flat, and level.** Remember that baby shouldn't sleep on adult beds, couches, or armchairs, alone or with others. Couches and armchairs are especially dangerous for baby, particularly when an adult falls asleep with baby while sitting on them. Inclined sleep surfaces—with one end higher than the other or with both ends higher than the middle—are also unsafe because of the risk for positional asphyxia.

For more information on safe sleep practices, visit: <https://bit.ly/3QDhsuu>

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