What does a safe sleep environment look like?

Reduce the risk of Sudden Infant Death Syndrome (SIDS) and other sleep-related causes of infant death

Use a firm sleep surface, such as a mattress in a safety-approved* crib, covered by a fitted sheet.

Do not use pillows, blankets, sheepskins, or crib bumpers anywhere in your baby's sleep area.

Keep soft objects, toys, and loose bedding out of your baby's sleep area.

Do not smoke or let anyone smoke around your baby.

Make sure nothing covers the baby's head.

Always place your baby on his or her back to sleep, for naps and at night.

Dress your baby in light sleep clothing, such as a one-piece sleeper, and do not use a blanket.

Baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.

To learn more or get help in your home making a safe infant sleep area:

HEALTH Information Line: 401-222-5960 / RI Relay 711

www.health.ri.gov/safesleep

*For more information on crib safety guidelines, contact the Consumer Product Safety Commission at 1-800-638-2772 or www.cpsc.gov

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Rhode Island Department of Health

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