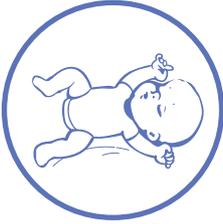


Safe  
Sleep  
for your baby

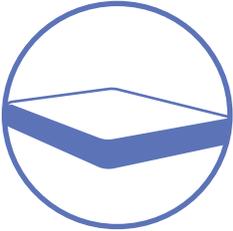


OKLAHOMA  
State Department  
of Health

# Safest Sleeping Environment



Put your baby on their back for every sleep.



Firm mattresses are the safest.



Share your room, not your bed. Room sharing can make it easier to feed and comfort your baby, ideally for at least the first 6 months.



Your baby sleeps safest alone. No toys, no blankets, nothing but the baby and a pacifier.



- Keep sights and sounds low at night.
- Keep the temperature between 68 and 72 degrees.

# Reducing your baby's risk

for sleep related deaths.



Pregnant women should obtain regular prenatal care.



Breastfeeding (when possible) can reduce SIDS risk by 50%.



When breastfeeding at night, set an alarm and appoint a partner to help you get the baby back in their bed safely.



Offering a pacifier at naptime and bedtime (after breastfeeding is established) is recommended to reduce the risk of SIDS.



Some parents are worried about their baby developing a flat head (positional plagiocephaly) when putting them on their back to sleep. These tips can reduce that risk:

Place your infant in tummy time while awake and supervised for short periods of time soon after you leave the hospital, increasing to at least 15 to 30 min total daily by age 7 weeks.



Hold your baby upright when they are not sleeping. This is sometimes called cuddle time.



Rotate your baby's sleeping direction by pointing feet toward one end of the crib one week, and then have the feet point toward the other end of the crib the next week.

# Reducing your baby's risk for sleep related deaths.



Use a wearable blanket (sleep sack) to avoid loose bedding and dress infant in layers in colder weather when necessary (cotton one-piece with sleep sack).



While swaddling can be helpful with soothing and calming babies to sleep in the first few months, The American Academy of Pediatrics (AAP) recommends swaddling stop at 3 months or before the baby intentionally starts to roll over due to risk of suffocation.



Avoid alcohol, marijuana, opioids, and illicit drug use during pregnancy and after birth.



Tobacco use can increase the risk of infant sleep death by 50%. Keep your baby away from smoke, including cigarettes and vaping.



Do not use home cardiorespiratory monitors as a strategy to reduce the risk of SIDS. AAP recommends to avoid the use of "smart" baby monitoring devices. This describes devices such as smart diaper clips, smart onesies, smart socks, and smart leg monitors. A faulty smart baby monitor could falsely reassure parents that an ailing baby is healthy, or alarm parents that a healthy baby is sick.

# Babies often don't sleep well; these tips can help.

Babies, by their nature, wake up frequently during the night. Although this can be understandably frustrating for parents who are exhausted and losing out on their own sleep, babies have to wake to feed every 2-3 hours, so this is normal and healthy, and should be expected.



Build a circle of helpers to step in when you need a break.

Infants should be immunized in accordance with AAP and CDC guidelines.



Know when to call your circle for help.

Bedtime routines can help you and your baby when you're frustrated.



# Unsafe sleep environment:

Use cribs that adhere to the most recent Consumer Product Safety Commission safety standards.



Avoid these unsafe safe sleep environments:

- In-bed sleepers. There is no evidence for devices or products that claim to make bed sharing "safer."
- Inclined sleeper.
- Garage sale cribs/hand me down cribs due to unknown age relative to recent safety standards.



Crib bumpers are not approved by the AAP. There is no such thing as a safe, breathe-through bumper.



AAP guidelines recommend against weighted blankets, sleepers, swaddles or anything else weighted that may restrict their breathing.

Babies should not sleep with other babies, children or pets.



# Unsafe sleep environment:

Other sleep-related causes of infant death are those related to how or where a baby slept. These can include accidental:

**Suffocation:** when something, such as a pillow, or someone covers the baby's face and nose, blocking the ability to breathe.

**Entrapment:** when the baby gets trapped between two objects, such as a mattress and a wall, and can't breathe.

**Strangulation:** when something presses on or wraps around the baby's neck, blocking baby's airway.



Evidence does not support the safety or effectiveness of wedges, positioners, or other products that claim to keep infants in a specific position or to reduce the risk of SIDS, suffocation, or reflux.



Couches and armchairs can also be very dangerous for babies if adults fall asleep as they feed, comfort, or bond with baby while on these surfaces. Parents and other caregivers should be mindful of how tired they are during these times.



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## Maternal & Child Health Service

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Scan here to see  
safe sleep videos.



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