



What You Need to Know About Safe Sleep



WHAT IS A SAFE SLEEP ENVIRONMENT?

A safe sleep environment is free of soft bedding, such as blankets, pillows, bumper pads, and soft toys. It is also free of loose blankets and pillows that may block babies' breathing.

HOW SHOULD A BABY SLEEP TO BE SAFE?

A baby sleeps safest alone, on their back and in a crib. Moms, Dads, and other caregivers should place babies on their backs for every sleep.



CAN'T MY BABY SLEEP IN THE BED WITH ME?

Share a room, not a bed, with your baby. It is recommended that your baby sleeps alone in the same room as you but in their crib. The danger to your baby increases when you share a sleeping space with them.



WHAT ABOUT SLEEPING IN THEIR CAR SEAT OR STROLLER?

Commonly, babies will fall asleep in their stroller or car seat – to practice safe sleep once you return from transporting them, take them out of their car seat or stroller and place them on their back in their crib for the remainder of their sleep.



WHY DOES SAFE SLEEP MATTER?

Ensuring your baby sleeps appropriately every time they go to sleep is critical to their safety. More babies die in Arizona from unsafe sleep than drowning; you can help prevent a tragedy.

