

# Sudden unexpected infant death syndrome (SUID) is the leading cause of injury related death in infancy.

To reduce the risk of SUID, which includes accidental suffocation and strangulation in bed (ASSB) and sudden infant death syndrome (SIDS), everyone should follow these instructions below when caring for infants.



**1** Place your baby on their back, alone, in a crib, every time. No exceptions.

**2** Use a firm sleep surface. A firm, safety-approved crib, bassinet, or playpen mattress covered with a fitted sheet is the best sleeping surface. Never put a baby down to sleep on a sofa, waterbed, adult bed, car seat, bouncer, or swing. If your baby falls asleep in one of these spaces, move them to a safe sleep surface as soon as possible.

**3** Keep soft objects and loose bedding out of the crib. No bumper pads, pillows, quilts, comforters, stuffed toys, or other soft objects.

**4** Allow pacifier use (without a string attached) at nap or bedtime. The pacifier should not be forced on a baby who doesn't want it and should not be reinserted once the infant falls asleep.

**5** Avoid overheating your baby. Infants should be lightly clothed for sleep. Bedroom temperature should be kept comfortable for an adult who is lightly clothed. Use a wearable blanket to keep your baby warm instead of a blanket or other coverings, like a hat.



## Safe Sleep Reminders



**Don't** share a bed with your infant. Instead, keep your baby nearby in a crib or bassinet close to your bed for monitoring to reduce the risk of SUID. Your baby should sleep in your room for six months to a year.



**Do** breastfeed your baby, if you're able. Feeding babies human milk by direct breastfeeding, or by pumping from the breast, reduces the risk of SIDS. Feeding only human milk, with no formula or other things added, for the first 6 months provides the greatest protection.



**Avoid** commercial products marketed to reduce the risk of SUID. No products, including heart rate monitors and breathable mattresses, have been tested sufficiently to prove they are safe or effective.



**Remember** "Back to Sleep – Tummy to Play!" When awake, babies should get plenty of supervised "tummy time" to build neck, back, and arm strength. Begin with short periods of tummy time, increase to 15-30 minutes daily by 7 weeks.



**No one** should smoke, vape, or be impaired around you before or after your baby is born. Smoking and secondhand smoke put your baby at greater risk of SUID. Exhaustion and substances like alcohol, drugs, and medications can cause impairment.