

# Safe Sleep



**In 2019, 103 babies died in Tennessee from sleep-related deaths. Most were preventable.**

**Help ALL babies reach their first birthday!**

- Place baby on back to sleep for every sleep.
- Use a firm sleep surface.
- Breastfeeding is recommended.
- Bed sharing is not recommended. Bed sharing includes sleeping with your baby in a chair, couch, or bed. It is not safe to bed share.
- It is recommended that infants sleep in the parents' room, close to the parents' bed, but on a separate surface designed for infants, ideally for the first year of life, but at least for the first 6 months.
- Fluffy blankets, toys, soft objects, crib bumpers, and loose bedding should be kept away from the infant's sleep area to reduce the risk of SIDS, suffocation, entrapment, and strangulation.
- Avoid smoke exposure during pregnancy and after birth.
- Avoid alcohol and illicit drug use during pregnancy and after birth.
- Avoid overheating and head covering in infants.
- Hats off after 24 hours of age.
- Infants should be immunized in accordance with recommendations of the AAP and Centers for Disease Control and Prevention.
- If a device can incline >10%, it is unsafe. What about a car seat? Not recommended for sleeping.
- If you have a sound machine, do not put it in the crib with baby.
- Do not use home cardiorespiratory monitors or wearable monitors as a strategy to reduce the risk of SIDS.
- Avoid weighted blankets or weighted sleepers.
- Supervised, awake tummy time is recommended to facilitate development and to minimize development of positional plagiocephaly.
- There is no evidence to recommend swaddling as a strategy to reduce the risk of SIDS.

**A  
Alone.**

**B  
Back.**

**C  
Crib.**

# Safe Sleep

## PACIFIERS

- The pacifier should be used when placing the infant for sleep. It does not need to be reinserted once the infant falls asleep. If the infant refuses the pacifier, he or she should not be forced to take it. In those cases, parents can try to offer the pacifier again when the infant is a little older.
- Objects, such as stuffed toys and other items that may present a suffocation or choking risk, should not be attached to pacifiers.
- Infants who are not being directly breastfed can begin pacifier use as soon as desired.
- For breastfed infants, pacifier introduction should be delayed until breastfeeding is firmly established.
- Because of the risk of strangulation, pacifiers should not be hung around the infant's neck. Pacifiers that attach to infant clothing should not be used with sleeping infants.

## Put baby on their back & in a crib to sleep.



No bumper pads or pillows in crib.

Baby should sleep on a firm mattress.

Use a **tight fitting** sheet.

Do not overheat or overdress.

No toys in crib.

Do not smoke.

A  
Alone.

B  
Back.

C  
Crib.