Safe Sleep for Babies

Why is Safe Sleep Important?

● Placing babies in a safe sleep position is very important to reduce the risk of Sudden Infant Death Syndrome (SIDS) or "crib death." When a baby, usually between the ages of 1-12 months old dies suddenly without a clear cause, the death is often referred to as SIDS.

● More babies between 1-12 months of age die from SIDS than any other cause. SIDS has also been called "crib death" but cribs do not cause SIDS.

What is the Safest Way for Babies to Sleep to Reduce the Risk of SIDS?

● Babies that are put to sleep and to nap on their backs are much less likely to die from SIDS.

● The safest place for babies to sleep or nap is in a crib or on a firm sleeping surface with a fitted sheet. The place where the baby sleeps or naps should not have toys, pillows or other soft items that could get near the baby's face.

● Everyone who takes care of babies like grandparents, friends, and baby-sitters, should know about safe sleep. Parents should share this information with anyone who will be taking care of their baby.

● Babies can get hot while they are sleeping, which can make them more at-risk for SIDS. It is safest to put babies to sleep with light clothing and the temperature of the room should feel comfortable to you.

● Babies do best when they are not exposed to tobacco smoke. Babies that are around people who are smoking are more at-risk for SIDS. It is safest to make sure babies are in a "smoke-free" zone at home, away from home, and in cars.

If you would like to learn more about Safe Sleep you may contact:

Texas Department of State Health Services
http://www.dshs.state.tx.us/mch

Texas Department of Family and Protective Services
http://www.dfps.state.tx.us

National Institute of Child Health and Human Development
http://www.nichd.nih.gov/sids/

Sources:
National Institute of Child Health and Human Development.
Back to Sleep Campaign 2005.
Available from: http://www.nichd.nih.gov/SIDS

Centers for Disease Control and Prevention.
Sudden Infant Death Syndrome 2007.
Available from: http://www.cdc.gov/SIDS/index.htm

04/2008