

# What does a *safe sleep* environment look like?

Adapted from the *Safe to Sleep*® campaign.



**Room share.** Give baby their own sleep space in your room, close to but separate from your bed.



Keep baby's surroundings **smoke- and vape-free.**



**Place baby on their back** to sleep for naps and at night.



Make sure **baby's head and face stay uncovered** during sleep.



Use a **firm, flat, and level sleep surface\***, covered only by a fitted sheet.



**Dress baby in sleep clothing** to keep baby warm without blankets in the sleep area.



**Remove everything from baby's sleep area**, except a fitted sheet to cover the mattress. No objects, toys, or other items.



**Couches and armchairs are not safe for baby** to sleep on alone, with people, or with pets.

\* The Consumer Product Safety Commission sets safety standards for infant sleep surfaces such as a mattress, and sleep spaces like a crib.

Visit [www.cpsc.gov/SafeSleep](http://www.cpsc.gov/SafeSleep) to learn more.



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# Safe sleep for your baby

Reduce the risk of sudden infant death syndrome (SIDS) and other sleep-related infant deaths

Adapted from the *Safe to Sleep*® campaign.

Feeding baby any human milk, even if formula or other foods are added, is more protective than not feeding human milk at all. The longer and more exclusively a baby gets human milk, the greatest protection from SIDS.



**Place baby on their back to sleep**, for naps and at night.



**Use a sleep surface for baby** that is **firm** (returns to original shape quickly if pressed on), **flat** (like a table, not a hammock), **level** (not at an angle or incline), and **covered only with a fitted sheet**.



**Feed baby human milk**, like by breastfeeding.



**Share your room with baby** for at least the first 6 months. Give baby their own sleep space (crib, bassinet, or portable play yard) in your room, close to but separate from your bed.



**Keep things out of baby's sleep area**. No objects, toys, or other items.



**Offer a pacifier for naps and at night**. If breastfeeding, offer a pacifier once baby is breastfeeding well.



**Stay smoke- and vape-free during pregnancy**, and keep baby's surroundings smoke- and vape-free.



**Stay drug- and alcohol-free during pregnancy**, and make sure anyone caring for baby is drug- and alcohol-free.



**Avoid letting baby get too hot**, and keep their head and face uncovered during sleep.



**Get regular medical care** throughout pregnancy.



**Follow health care provider advice** on vaccines, checkups, and other health issues for baby.



**Avoid heart, breathing, motion and other monitors as your main way to reduce the risk of SIDS.**



**Give baby plenty of "tummy time" when they are awake**, and when someone is watching them.



**Avoid products or devices\* that claim to "prevent SIDS"** or those that do not meet the federal safety standards.



**Avoid swaddling once baby starts to roll over** (usually around 3 months of age), and keep in mind that swaddling does not reduce SIDS risk.

*\*Some examples of products and devices to avoid include wedges, positioners, inclined sleepers, and others that claim to "prevent SIDS" and sleep-related deaths.*

For more information about the *Safe Infant Sleep* campaign, visit

[dshs.texas.gov/SafeInfantSleep](https://dshs.texas.gov/SafeInfantSleep)



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