

# Safe Infant Sleep

## Key Steps for New Parents



Ensuring a safe sleep environment for your baby is crucial for their health and well-being. Follow these guidelines to reduce the risk of sudden infant death syndrome (SIDS) and other sleep-related hazards.



### Back to Sleep

Always place your baby on their back for every sleep (naps and overnight).



### Safe Sleep Surface

Use a firm mattress in a safety-approved crib, bassinet, or pack-and-play. If your baby falls asleep in their car seat or swing, it is best to move them to a safe sleep space as soon as conveniently possible.



### Keep it Clear

Avoid soft bedding, pillows, toys, positioners, loose blankets, weighted blankets, and bumper pads in the sleep area. Swaddling your newborn may soothe them and promote better sleep, but be sure to swaddle safely and stop when your baby begins to roll - usually around 2-4 months.



### Room Sharing

Keep your baby's sleep space in your room (but not in your bed) for at least the first 6 months, or ideally 1 year.



### Avoid Overheating

Keep the room at a comfortable temperature. Dress your newborn in light clothing, then swaddle in a lightweight, breathable fabric like cotton or muslin.



### Pacifier Use

Offer a pacifier at naptime and bedtime once breastfeeding is established, as it may reduce the risk of SIDS. Do not tie or clip pacifiers to clothing or bedding. If your baby's pacifier falls out once they fall asleep, there's no need to replace it.



### Regular Wellness Visits

Just as regular care throughout your pregnancy was important, so are regular check-ups for your baby. Use these visits to talk to your pediatrician about any questions or concerns about your baby's sleep.



### Avoid Smoking

Do not smoke during pregnancy and keep your baby away from smoke exposure after birth.



### Breastfeeding

Breastfeeding is recommended as the best choice, when possible. Along with its many other benefits, it also can help reduce the risk of SIDS.



### Stay Informed

Keep up to date with safe sleep guidelines from trusted sources like the American Academy of Pediatrics (AAP).

Your UPMC CCP care providers are here to support you and answer any questions you may have. Our certified pediatric sleep consultants are also available to help families navigate sleep challenges.



**Get tips** from one of our certified pediatric sleep consultants.

**Learn more** about SIDS and best infant sleep practices.

