



Safe Sleep for Babies: Eliminating Hazards

Vital Signs – January 2018

- Thirty-five hundred sleep-related deaths among US babies occurs each year.
- Twenty-two percent of mothers reported not placing their baby on his or her back to sleep, as recommended.
- Nearly half of caregivers do not receive correct advice on safe sleep from healthcare providers.
- Here are four tips for parents and caregivers to help baby sleep safely.
- Tip #1: Place your baby on his or her back for all sleep times – naps and at night.
- Tip #2: Use a firm sleep surface, such as a mattress in a safety-approved crib.
- Tip #3: Keep soft objects, such as pillows and loose bedding, out of baby's sleep area.
- Tip #4: Have baby share your room...not your bed.
- For more information, visit www.cdc.gov/vitalsigns.