



# Safe Sleep 365

Infants should sleep



**ALONE**  
on a firm,  
safe sleep  
space



**APART**  
from  
blankets  
or objects



**ALWAYS**  
on  
his/her  
back

[SafeSleep365.com](http://SafeSleep365.com)

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Approximately 3,700 infants die annually in the United States from sleep-related deaths, including sudden unexpected infant death syndrome (SUID), accidental suffocation and strangulation. The American Academy of Pediatrics (AAP) reports nearly one in five sleep-related deaths occur while an infant is in the care of someone other than a parent or usual caregiver.

To help caregivers of infants ensure a safe and healthy sleep environment, the AAP recommends the following sleep practices for children under one year of age:



### **LAY INFANT ON FIRM SURFACE AND ON BACK**

Infants should always be placed to sleep on his/her back on a firm sleep surface with a tight-fitting sheet.



### **ROOM SHARING, NOT BED SHARING**

The safest place for an infant to sleep is in his/her own crib or bassinet, in a room with a caregiver.



### **SUBSTANCE-FREE AND SMOKE-FREE**

Tobacco, alcohol and drug use are major risk factors for SUID. Infants should remain in a smoke- and substance-free environment.



### **OBJECT-FREE SLEEP SPACE**

Bare is best when placing an infant to sleep in a crib. Toys, blankets or other objects can cause suffocation or strangulation.



### **ENVIRONMENT-APPROPRIATE CLOTHING**

Infants should be placed to sleep with his/her head uncovered and wearing no more than one additional layer than an adult.



### **BREASTFEEDING**

Breastfeeding improves breathing and swallowing coordination in infants, and is associated with a reduced risk of SUID.

### **ADDITIONAL RESOURCES**

For the complete list of AAP guidelines and additional safe sleep resources, visit [SafeSleep365.com](https://www.aap.org/safe-sleep).