

Safe Sleep Environment

during infancy



JAMESTOWN REGIONAL MEDICAL CENTER
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When in doubt, call JRMC Family BirthPlace.

WHAT IS INFANT SAFE SLEEP?

Sudden infant death syndrome (SIDS) is the leading cause of death among infants between 1 month and 1 year of age. This is what you can do to help your baby sleep safely and to reduce your baby's risk of SIDS.

CREATING A SAFE SLEEP ENVIRONMENT

- Always place an infant on his or her back to sleep, for naps and at night. This helps reduce the risk of SIDS.
- Use a firm sleep surface, covered by a fitted sheet, a crib, bassinet, portable crib or play yard that conforms to the safety standards of the Consumer Product Safety Commission (CPSC) is recommended.
- Your infant should not sleep in an adult bed, on a couch or on a chair alone, with you or with anyone else.
- Keep your infant's sleep area in the same room where you sleep, for the infant's first year. Room sharing, not bed sharing. Always place the infant in a safety-approved crib, bassinet or portable crib for sleep.
- Sitting devices, like bouncy seats, swings, infant carriers or strollers, should not be used for routine sleep.
- Keep soft objects such as pillows and blankets, toys and bumpers out of your infant's sleep area.
- Wedges and positioners should not be used.
- Do not smoke during pregnancy or allow smoking around your infant.
- Do not let your infant get too hot during sleep.
- Breastfeed your infant.
- Give your infant a dry pacifier that is not attached to a string for naps and at night to reduce the risk of SIDS after breastfeeding is established.
- Supervised Skin to Skin is recommended to all mothers and infants immediately following birth regardless of feeding or delivery, (as soon as the mother is medically stable, awake and able to respond to her newborn) and to continue for at least one hour. Once mother starts to become sleepy, return the infant to the bassinet.
- Follow healthcare provider guidance on your infant's vaccines and regular health checkups.

For additional information and education on safe sleep practices, visit www.cribsforkids.org or contact JRMC Family BirthPlace direct at (701) 952-4807.