



Safe Sleep

- 1** Place babies on their backs for naps and at night until they are 1 year old. Make sure babies sleep on a firm, flat, and level surface in their own crib, bassinet, or play yard.
- 2** Choose a **firm mattress and fitted sheet** for baby's crib.
- 3** Remove everything from the sleep environment except the fitted sheet.
- 4** Dress baby in a **wearable blanket, onesie, or similar clothing to keep them warm**. A loose blanket could cover body's airway or make their body temperature too high while they sleep.
- 5** **Share your room, not your bed, for the first year of life**. Place baby's crib, bassinet or play yard in your bedroom instead of letting baby sleep in the same bed with you.

