

# Safe Sleep Guidelines



## 1. Back To Sleep

Babies should always sleep on their back.



## 2. Share A Room

Infants should share a bedroom with parents, but not the same sleeping surface, preferably until the baby turns 1 but at least for the first six months.



## 3. Decrease Risk

Room-sharing decreases the risk of SIDS as much as 50 percent.



## 4. Firm Sleep Surface

An infant should be placed on his or her back on a firm sleep surface such as a crib or bassinet with a tight-fitting sheet. The crib should be otherwise bare – no blankets, pillows, stuffed animals or bumpers.



## 5. Breastfeed

If possible, mothers should breastfeed exclusively or feed with expressed milk for at least 6 months. Breastfeeding reduces the risk of SIDS.



## 6. No Sofa Sleeping

Infants should never be left to sleep on sofas, armchairs or in sitting devices.

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Saving babies. Supporting families.

Every year 3,500 babies die from Sudden Infant Death Syndrome and other sleep-related infant deaths, such as accidental suffocation. By following the Safe Sleep Guidelines from the American Academy of Pediatrics, the risk of SIDS can be dramatically reduced and other sleep-related deaths can be eliminated.

First Candle is committed to the elimination of SIDS and other sleep-related infant deaths through education and research, while providing support for grieving families who have suffered a loss. For more information visit [www.firstcandle.org](http://www.firstcandle.org).