

# Safe Sleep for Babies

## *Why are we concerned about how and where babies sleep?*

Sleep related death, including Sudden Unexpected Infant Death (SUID), is a leading cause of death for infants between one month and one year of age. In the US, about 3,500 infants die suddenly and unexpectedly while sleeping every year. A safe sleeping environment significantly reduces the risk of sleep related death.

## *What does a safe sleep environment look like for babies under one year?*

Remember the ABCD's of safe sleep!

- **A**lone - Babies should sleep alone in a crib, and not share a bed with parents or siblings. The safest place is in the parent's bedroom, but alone in a crib.
- **B**ack - The safest way for a baby to sleep is on their back. Babies are not more likely to choke when they sleep or rest on their backs.
- **C**rib - Keep the crib clear of blankets, pillows, bumpers, or toys. These are suffocation hazards in a crib.
- **D**o not smoke or vape - Smoke or vapor of any kind has been shown to be a risk factor for SUID. Keep the air clear for babies.



The Blue Ridge Health District has a limited number of free cribs available for parents and caregivers that meet income guidelines. For more information, call 434-972-6241.

*For the latest on safe sleep for babies:* Visit [cribsforkids.org](http://cribsforkids.org) or [safetosleep.nichd.nih.gov](http://safetosleep.nichd.nih.gov)



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