

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!

- **Alone** - 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.
- **Back** - The safest way for a baby to sleep is on their back on a firm surface. Sleeping on their back helps keep their airway clear. Babies *are not* more likely to choke when they sleep or rest on their backs.
- **Crib** - Keep the crib clear of stuffed toys, blankets, and pillows. These are suffocation hazards in a crib.
- **Do not smoke or vape in your home** - 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 or safetosleep.nichd.nih.gov



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Health  Whys
A public health message from
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