



- Use a firm sleep surface.
- Do not put anything (pillows, blankets, stuffed toys, or crib bumpers) anywhere in baby's sleep area.
- Babies should not sleep in an adult bed, on a couch, or on a chair alone, with you or anyone else.
- Babies should not sleep in swings, car seats, or carriers.
- Have your baby share your room, not your bed.
- Always place baby on his/her back for every sleep—naps and bedtime.
- Do not let your baby overheat during sleep.
- Do not use devices and products (wedges, positioners) that claim to reduce the risk of SIDS/SUID.
- There is no evidence to recommend swaddling as a strategy to reduce the risk of SIDS.
- Do not use home heart or breathing monitors to reduce the risk of SIDS.
- Do not smoke or let others smoke around your baby.

