Safe Sleep is Important

- Nothing else in the crib
- Firm mattress, tight fitting sheet
- Baby sleeps on his or her back
- Baby sleeps in a crib
- Do not overheat or overdress
- No smoking around baby

A safe sleep environment can reduce the risk of sudden infant death syndrome (SIDS).

Keep babies safe every time they sleep.

Get a safety-approved crib.

For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD/TTY call 711).