

# *Safe Sleep Guidelines*



SLEEPY BABY COACH

## *Sleep Sanctuary*

1-1 Customized Sleep Support | Virtual or In-Home | Not a Cry-It-Out Program



ADELA

# Sleep Sanctuary

## Keep it simple

- A fitted sheet but no other bedding or soft objects.
- Do not elevate the crib mattress.
- Nothing should be placed under the mattress or sheets.
- Never use crib tents, bumpers, or padding.
- Crib should be located well away from curtains, dangling cords, or window blind cords.
- Baby should sleep on a firm mattress, play yard, or bassinet that meets the safety standards of the CPSC.
- Infants should never sleep on couches or armchairs.
- No car seats in the crib.

## Keep it cool

- Avoid overheating and head coverings. In general, infants should be dressed with no more than 1 layer more than an adult would wear to be comfortable.

## Keep it safe

- Back is best. Babies who sleep on their backs reduces the likelihood of dying from SIDS as compared to babies who sleep on their stomachs or sides
- Swaddles are safe only if baby is on their back and do not overheat the baby. They should not be too tight around the hips and knees. When an infant exhibits signs of attempting to roll, swaddling must stop.
- Baby must be able to roll both directions before it's OK to let them remain in a sleep position they assume.
- Infants should sleep in parents room, in their own crib, play yard, or bassinet, for the first 6-12mos.
- Infants should not sleep unsupervised in car seats, strollers, swings, or infant carriers. Babies under 4 months are most at risk.
- Consider offering a pacifier at naptime and bedtime.

**1 blanket - 12 months and up**  
**1 pillow - 18 months and up**  
**1 love toy - 12 months and up**