

What You Can Do: Recommendations for Infant Sleep Safety

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Note: These recommendations, unless mentioned otherwise, are for babies up to 1 year of age. Talk with your pediatrician if you have questions about any of the recommendations listed.

- **Room share—keep baby's sleep area in the same room where you sleep for the first 6 months or, ideally, for the first year.** Place your baby's crib, bassinet, portable crib, or play yard in your bedroom, close to your bed. The AAP recommends room sharing because it can decrease the risk of SIDS by as much as 50% and is much safer than bed sharing. In addition, room sharing will make it easier for you to feed, comfort, and watch your baby.

- **Only bring your baby into your bed to feed or comfort.** Place your baby back in his or her own sleep space when you are ready to go to sleep. If there is any possibility that you might fall asleep, make sure there are no pillows, sheets, blankets, or any other items that could cover your baby's face, head, and neck, or overheat your baby. As soon as you wake up, be sure to move the baby to his or her own bed.

- **Bed-sharing is not recommended for any babies.** However, certain situations make bed-sharing even more dangerous. Therefore, you should not bed share with your baby if:
 - ◆ Your baby is younger than 4 months old.
 - ◆ Your baby was born prematurely or with low birth weight.
 - ◆ You or any other person in the bed is a smoker (even if you do not smoke in bed).
 - ◆ The mother of the baby smoked during pregnancy.
 - ◆ You have taken any medicines or drugs that might make it harder for you to wake up.
 - ◆ You drank any alcohol.
 - ◆ You are not the baby's parent.
 - ◆ The surface is soft, such as a waterbed, old mattress, sofa, couch, or armchair.
 - ◆ There is soft bedding like pillows or blankets on the bed.