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> Ways To Reduce The Risk Of SIDS And Other Sleep-Related Causes Of Infant Death

Ways to Reduce The Risk Of SIDS And Other Sleep-Related Causes Of Infant Death



Research shows that there are several ways to reduce the risk of SIDS and other sleep-related causes of infant death.

The actions listed here and in Safe to Sleep® materials and publications are based on recommendations from the American Academy of Pediatrics (AAP) Task Force on SIDS. You can read the latest Policy Statement from the AAP Task Force on SIDS (<http://pediatrics.aappublications.org/content/early/2016/10/20/peds.2016-2938>) [↗](#).

* Visit the U.S. Consumer Product Safety Commission website for more information about crib safety (<http://www.cpsc.gov/en/Safety-Education/Safety-Education-Centers/cribs/>).

Always Place Baby on His or Her Back To Sleep, for Naps and at Night, To Reduce the Risk of SIDS [^](#)

Use a Firm and Flat Sleep Surface, Such as a Mattress in a Safety-Approved Crib*, Covered by a Fitted Sheet With No Other Bedding or Soft Items in the Sleep Area [^](#)

Breastfeed Your Baby To Reduce the Risk of SIDS [^](#)

Share Your Room With Baby. Keep Baby in Your Room Close to Your Bed, But on a Separate Surface Designed for Infants, Ideally for Baby's First Year, But at Least for the First 6 Months [^](#)

Do Not Put Soft Objects, Toys, Crib Bumpers, or Loose Bedding Under Baby, Over Baby, or Anywhere in Baby's Sleep Area



To Reduce the Risk of SIDS, Women Should:



To Reduce the Risk of SIDS, Do Not Smoke During Pregnancy, and Do Not Smoke or Allow Smoking Around Your Baby



Think About Giving Your Baby a Pacifier for Naps and Nighttime Sleep to Reduce the Risk of SIDS



Do Not Let Your Baby Get Too Hot During Sleep



Follow Health Care Provider Guidance on Your Baby's Vaccines and Regular Health Checkups



Avoid Products That Go Against Safe Sleep Recommendations, Especially Those That Claim To Prevent or Reduce the Risk For SIDS



Do Not Use Heart or Breathing Monitors in the Home to Reduce the Risk of SIDS



Give Your Baby Plenty of Tummy Time When He or She Is Awake and Someone Is Watching



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