

Updated Dec 2019

# Safer sleeping

Reducing the risk of sudden infant death

**Sudden infant death syndrome (SIDS) is the sudden, unexpected death of an infant that remains unexplained.**

An infant is at a higher risk of SIDS during sleep, which is why it is sometimes referred to as 'cot death'.

**The safest place for your baby to sleep is on their back in a Moses basket or cot in your room for the first six months.**

**Never sleep with your baby on an armchair or sofa.**



Speak to your midwife, health visitor, family nurse or GP if you feel strongly that you wish your baby to sleep with you instead of in a cot or Moses basket.

## Do

- ✔ Put your baby to sleep in a Moses basket or cot in your room for the first six months.
- ✔ Place your baby to sleep on their back in the 'feet to foot' position (feet touching the bottom of the cot).
- ✔ Use a light blanket firmly tucked no higher than the baby's shoulders.
- ✔ Use a clean, firm, well-fitting mattress.
- ✔ Breastfeed if you can, because it is protective.
- ✔ Put your baby back to sleep in their cot after any feeding.
- ✔ If using a baby sleeping bag, make sure it is fitted with neck and armholes, and no hood.

# Don't

- ✗ Sleep with your baby on an armchair or sofa.
- ✗ Allow your baby to sleep alone in an adult bed.
- ✗ Allow your baby to share a bed with anyone who has been smoking, drinking alcohol, taking drugs (including medication) or is feeling overly tired.
- ✗ Cover your baby's head.
- ✗ Allow anyone to smoke around your baby.
- ✗ Allow your baby to become overheated.
- ✗ Leave your baby sleeping in a car seat for long periods or when not travelling in the car.
- ✗ Put pillows, loose blankets, cot bumpers or sleep positioners in your baby's cot.

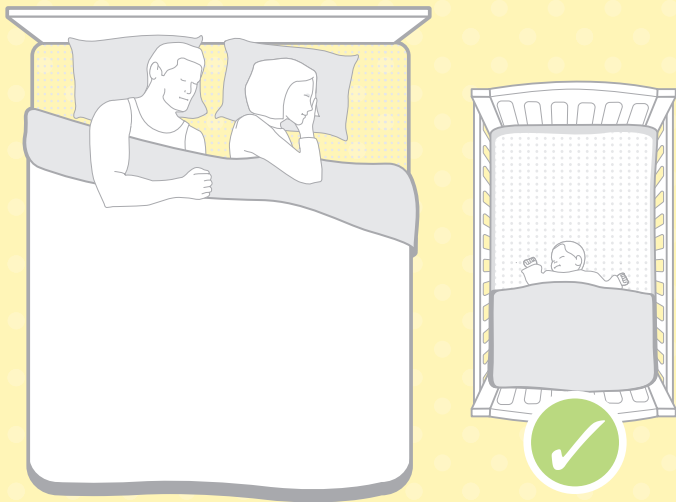


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For more information visit [pha.site/saferleeping](http://pha.site/saferleeping)



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