

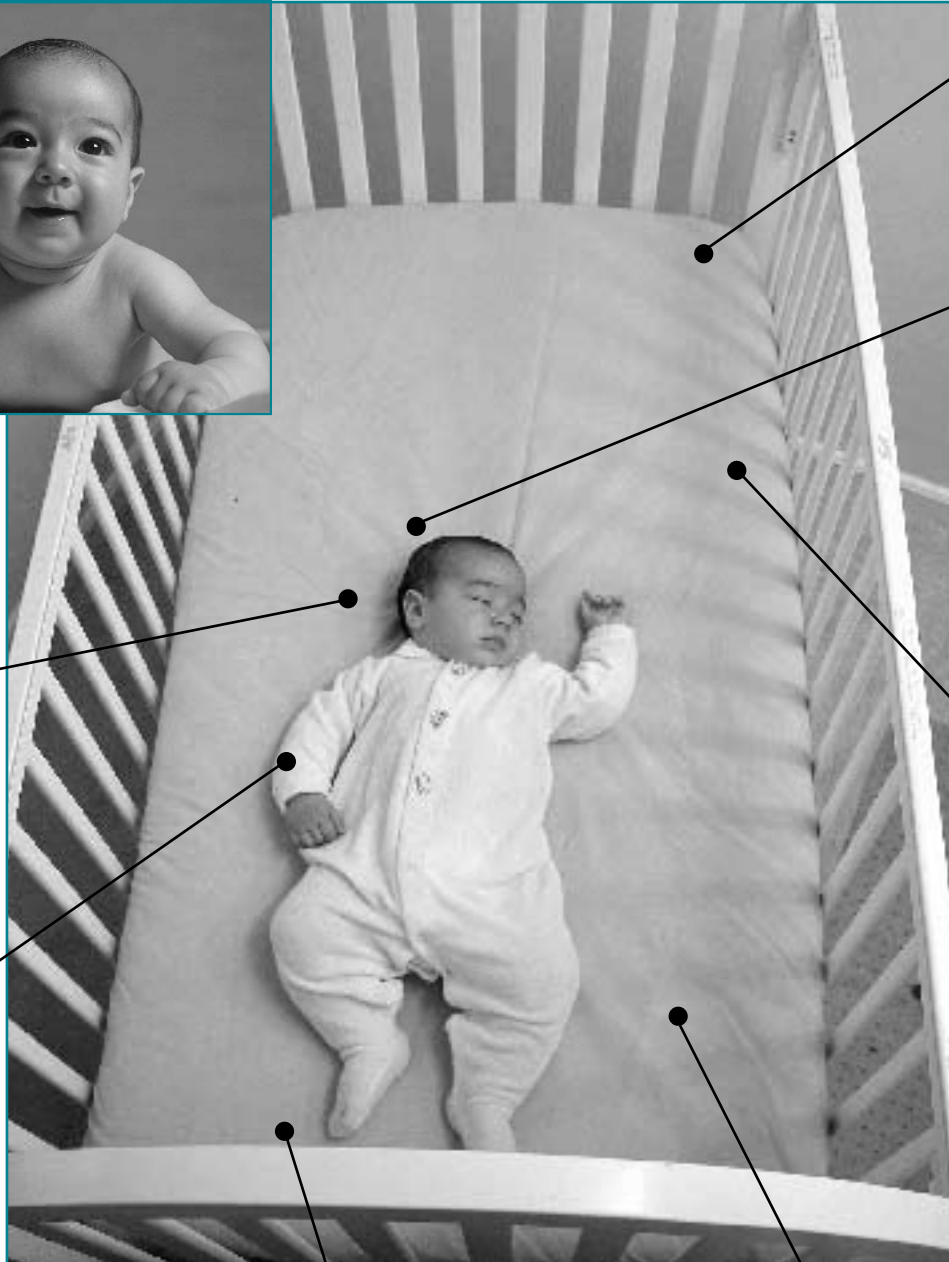
# What does a safe sleep environment look like?

Lower the risk of sudden infant death syndrome (SIDS).

Don't forget Tummy Time when the baby is awake and is being watched.



Use a firm mattress in a safety-approved\* crib covered by a fitted sheet.



Make sure nothing covers the baby's head.

Place your baby on his or her back to sleep for naps and at night.

Use sleep clothing, such as a one-piece sleeper, instead of a blanket.

Do not use pillows, blankets, sheepskins, or pillow-like bumpers in your baby's sleep area.

Do not let anyone smoke near your baby.

Keep soft objects, stuffed toys, and loose bedding out of your baby's sleep area.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
National Institutes of Health  
National Institute of Child Health and Human Development

\*For more information on crib safety guidelines, call the Consumer Product Safety Commission at 1-800-638-2772 or visit their Web site at <http://www.cpsc.gov>.

