

Need more resources or additional supports?



For more on Safe Sleep:
Visit the American Academy of Pediatrics
<https://www.aap.org/en/patient-care/safe-sleep/>



For treatment and recovery resources for pregnant and parenting women:
Visit CT DMHAS

<https://portal.ct.gov/womensservices>



For additional resources in CT for Pregnant and parenting families:
Visit the Substance Exposed Pregnancy Initiative of CT
<https://www.sepict.org>



For postpartum support resources in CT:
Visit Postpartum Support International, CT Chapter
<https://psictchapter.com/>



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Safe sleep for your baby, peace of mind for you.



Safe Sleep Saves Lives



A resource for parents and caregivers of newborns and infants





Safe Sleep Recommendations



About Safe Sleep

In 2024, 94% of infant sleep environment deaths in Connecticut were the result of sleep conditions that did not follow American Academy of Pediatrics guidelines.

✨ The good news is that there are proven ways to prevent suffocation. By following these guidelines and practices you can decrease the risk of an unsafe sleep environment. ✨

Share a room – but not a bed.

A crib, bassinette, or bedside sleeper are the best places for baby to rest.

Lay them on their back to sleep every time.

Young infants up to 1 year old cannot roll, lift their heads, or reposition themselves safely.

Placing young infants on their backs reduces the chance of their airway being blocked.

Baby's sleep surface should be firm and flat.

This helps to avoid rolling and using a sheet that's the right size and fits snugly reduces the risk of it inadvertently interfering with airflow.

No bedding or soft objects in the crib.

Soft bedding and bumpers might seem cozy or cute, but they actually increase risk to your baby's breathing.

Never let baby sleep on a couch or adult bed.

While these are comfortable spots for adults, babies can easily roll into crevices or become entangled in sheets or pillows.

Avoid too many clothing layers, including hats indoors.

Babies can get overheated because they have limited ability to regulate their own body temperature

Make your safe sleep values clear to others.

Ensure others caring for your child know what safe sleep practices are important to you.

Plan ahead if using medications or substances that could potentially impair your senses, or make you feel sleepy.

Make sure you have someone else in place to help safely care for your baby.