

SAFE SLEEP SAVES LIVES

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

Lay them on their back to sleep every time.

Never let baby sleep on a couch or adult bed.

Make your safe sleep values clear to others.

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



Share a room – but not a bed.

Avoid too many clothing layers, including hats indoors.

Firm & flat sleep surface.

No bedding or soft objects in the crib.

For more on Safe Sleep visit the American Academy of Pediatrics:

