

# TIPS FOR SAFE SLEEP

from the Healthy Alaska Natives Foundation



Babies should sleep on their backs for all sleep times - for naps and at night. If using a swaddle, make sure that the baby is always on his or her back and that the swaddle isn't too tight.



Use a firm sleep surface, such as a crib or bassinet with tight-fitting sheets.



Avoid use of soft bedding that could increase the risk of entrapment, suffocation, or strangulation, including crib bumpers, blankets, pillows and soft toys. The crib should be bare.



The baby should share a bedroom with parents, but not the same sleeping surface, preferably until the baby turns one, but at least for the first six months. Room sharing decreases risk of SIDS by as much as 50 percent.