

Make Your Baby's Safe Sleep Plan

A safe sleep plan is an essential part of lowering your baby's risk of sudden unexpected infant death (SUID), including sudden infant death syndrome (SIDS).

The safest way for a baby to sleep is...



**In the same room as you, but
not the same bed as you**



On a firm, flat and level surface
*(crib, bassinet, pack-and-play,
or cradleboard)*



**With no pillows, blankets, toys,
or other soft objects**



**Wearing pajamas and/or a
nonweighted sleep sack**



**On their back at naps
and at nighttime**



srhd.org/safesleep
to watch videos and
learn more so you can
make your baby's safe
sleep plan.

Share your plan with everyone who cares for your baby.