

# Safe Sleep

## for Your Baby



About **3,500 infants die** suddenly and unexpectedly each year in the United States. Most of these deaths result from **Sudden Infant Death Syndrome (SIDS) and other sleep-related causes of infant death, such as suffocation.**

# Safe Sleep environment

To **reduce the risk** of SIDS and other sleep-related causes of infant death:



▶ Always place baby on his or her back to sleep for all sleep times, including naps.



▶ Room share—keep the baby's sleep area in the *same* room, next to your sleep area.



▶ Use a firm sleep surface, free from soft objects, toys, blankets, and crib bumpers.

# Safe to Sleep®

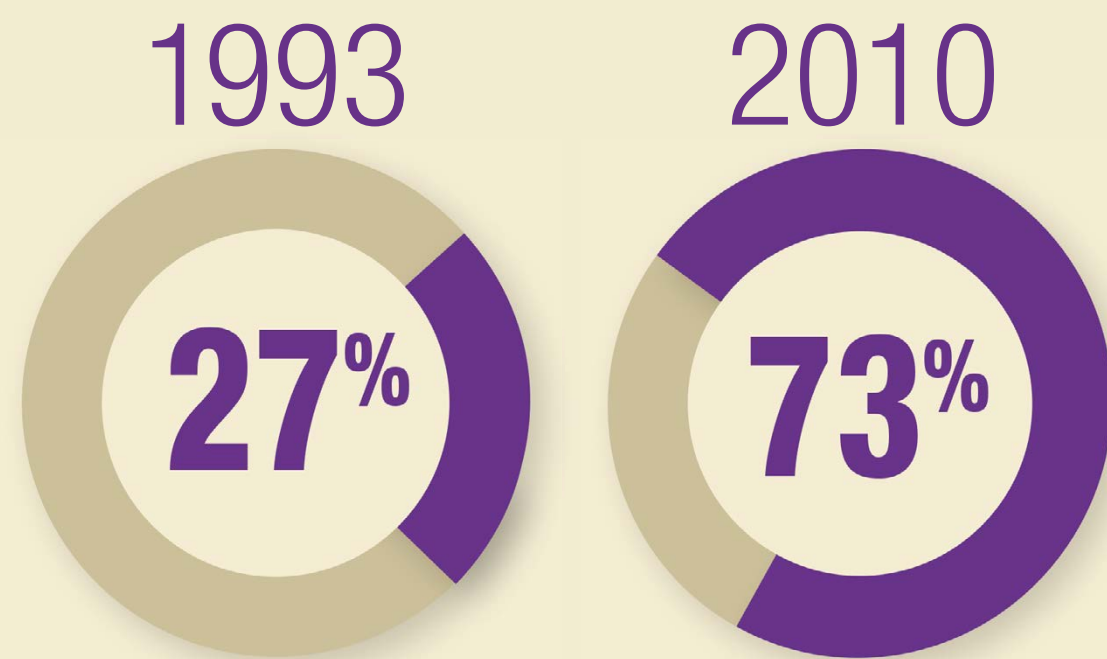
campaign launched in **1994**  
formerly the *Back to Sleep* campaign

### Safe to Sleep® mission:

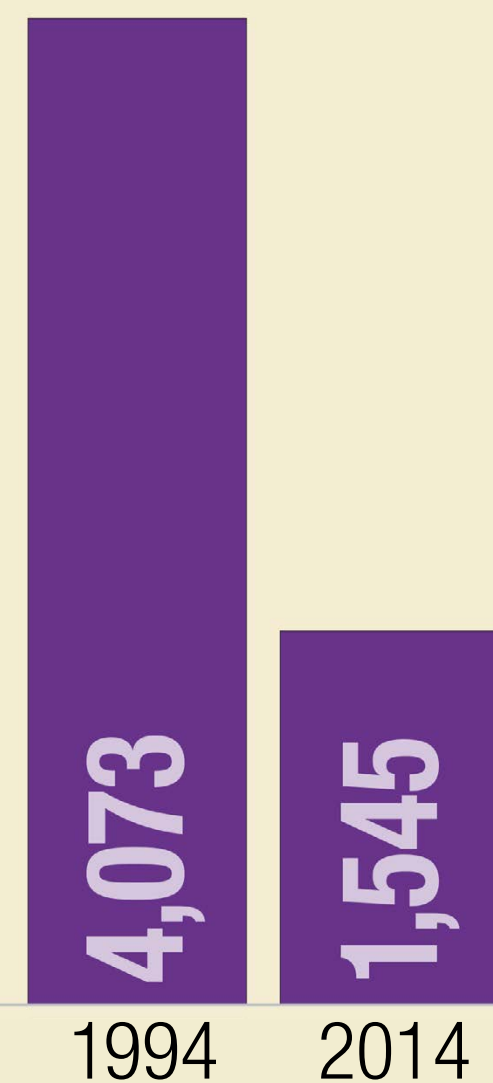
to educate parents, caregivers, and health care providers about ways to reduce the risk of SIDS and other sleep-related causes of infant death



The proportion of **infants placed on their backs** to sleep increased from **27%** to **73%**.



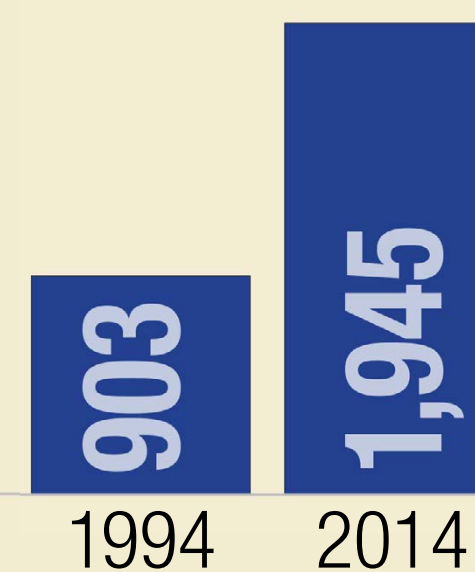
Number of **SIDS deaths**



# 60%

The U.S. **SIDS rate** dropped more than **60%** between 1994 and 2014. However, **the rate of infant deaths from other sleep-related causes has increased.**

Number of **other sleep-related infant deaths**



Learn more about ways to reduce the risk of SIDS and other sleep-related causes of infant death at



<http://safetosleep.nichd.nih.gov>



**NIH** Eunice Kennedy Shriver National Institute of Child Health and Human Development

