

What Is SIDS?

Sudden Infant Death Syndrome (SIDS) is the sudden, unexplained death of a baby younger than 1 year of age that doesn't have a known cause even after a complete investigation.



Even though we don't know the exact cause of SIDS, we do know that some things can increase a baby's risk for SIDS and other sleep-related causes of infant death. The good news is that there are ways to reduce the risk.

Learning about SIDS and safe sleep for babies is important for all caregivers, not just for parents. Grandparents, aunts, uncles, babysitters, childcare providers, and anyone else who might care for babies should learn more. Simple actions can make a big difference.

The **ABCs** of Safe Sleep

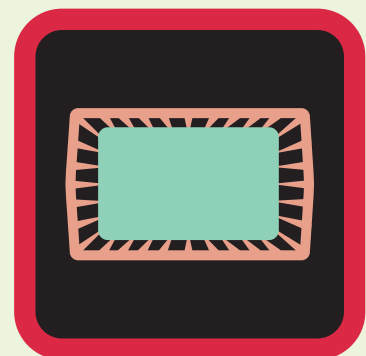
*Keeping babies safe while sleeping is easy with the **ABCs**!
Babies should always sleep **A**lone on their **B**ack in a **C**rib.*



ALONE



BACK



CRIB

How to Prevent SIDS and Encourage Safe Sleep

A safe sleep environment can help reduce the risk of Sudden Infant Death Syndrome (SIDS) and other sleep-related causes of infant death, like suffocation.

Place babies on their backs to sleep for naps and at night.



Stay smoke- and vape-free during pregnancy, and keep baby's surroundings smoke- and vape-free.



Offer baby a pacifier for naps and at night once they are breastfeeding well.



Use a sleep surface for baby that is firm (returns to original shape quickly if pressed on), flat (like a table, not a hammock), level (not at an angle or incline), and covered only with a fitted sheet.



Stay drug- and alcohol-free during pregnancy, and make sure anyone caring for baby is drug- and alcohol-free.



Avoid products and devices that go against safe sleep guidance, especially those that claim to "prevent" SIDS and sleep-related deaths.



Feed your baby breast milk, through breastfeeding or by using a breast pump.



Avoid letting baby get too hot, and keep baby's head and face uncovered during sleep.



Avoid heart, breathing, motion, and other monitors to reduce the risk of SIDS.



Share a room with baby for at least the first 6 months. Give babies their own sleep space (crib, bassinet, or portable play yard) in your room, separate from your bed.



Get regular medical care throughout pregnancy.



Avoid swaddling once baby starts to roll over (usually around 3 months of age), and keep in mind that swaddling does not reduce SIDS risk.



Keep things out of baby's sleep area—no objects, toys, or other items.



Follow health care provider advice on vaccines, checkups, and other health issues for baby.



Give babies plenty of "tummy time" when they are awake, and when someone is watching them.



For more information on sleep safety, visit

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