



Speak Up for Safe Sleep at the Hospital

Your child's health and safety are important to us. You can make a difference in your child's care by asking questions and being actively involved.

Why is safe sleep important?

Taking steps to make sure your baby is sleeping safely can reduce the risk of sleep related injuries or deaths. Safe sleep should be practiced within and outside of the hospital.

What can you do to make sure your baby is sleeping safely?

- Make sure your baby is sleeping on their back every time, including naps and at night.
- Put your baby to sleep only in cribs or bassinets. Flat, firm, and non-inclined surfaces are safest places for sleep, unless otherwise noted by care providers.
- Car seats, baby swings, and baby-wearing devices are not safe for sleep. If your baby has fallen asleep, move them to a crib or bassinet as soon as possible.
- Your baby should always sleep in their own crib and not with someone, or on a bed or couch.
- Keep your baby's crib clear of all objects, except for a pacifier, if needed. Ask your care providers to help secure all tubing, wiring, and other hospital equipment while your baby is sleeping.
- Your baby's crib should only have a tightly fitted sheet. Do not use loose sheets or blankets on your baby while they sleep.
- If your baby has medical devices needed during sleep, talk with your care providers about safe sleeping positions and habits before going home.

Speak Up if you have questions or concerns about your baby's sleep!

For example, let the care team know if you observe any changes in your baby's coloring or breathing patterns during sleep. You can also ask about anything related to your baby's sleep such as expected sleep patterns for their age and situation.