



Safe Sleep for Babies

According to the New York State Department of Health, more than 120 infants in New York State die of sleep-related infant deaths each year, including Sudden Infant Death Syndrome (SIDS).

SIDS is the sudden death of an infant under one year of age which remains unexplained after a thorough case investigation.

SIDS and unsafe sleeping practices are the leading causes of death in infants between one month and one year of age, with most deaths occurring when a baby is between two and four months of age.

Unsafe sleep practices include:

- Infants sleeping on their sides or stomach.
- Infants sleeping in places other than cribs, bassinets or play yards, such as adult beds, baby slings, car seats, couches or armchairs.
- Infants sleeping with pets, other children or adults, or with crib bumpers, stuffed toys or blankets and other bedding.

Infant death due to unsafe sleep practices is **preventable**.

- Dress your baby in a one-piece sleeper or wearable blanket.
- Do not use loose blankets and make sure your baby is not too warm.

For more information, please visit:

<https://www.youtube.com/watch?v=vjwazF35fJI&t=4s>

<https://www.health.ny.gov/diseases/conditions/safesleep/>