

# Smoking & Safe Sleep

Learn how smoking can affect baby's health.



## Smoking Increases Risks

Smoking:

- During pregnancy increases baby's risk of Sudden Infant Death Syndrome (SIDS) and sleep-related infant death.
- Even one cigarette a day **doubles** baby's risk of sleep-related death.
- Can cause babies to be born too small and to be delivered too soon.
  - Both increase baby's risk of sleep-related infant death.

Exposure to secondhand smoke:

- Increases your baby's risk of SIDS and sleep-related infant death.
- Can damage baby's lungs.
- Can affect baby's brain and how their breathing is regulated.

## E-Cigarettes Are Risky Too

- They have many names: vapes, vape pens, e-hookahs, mods, JUULs, or tanks.
- They give off aerosol. Exposure to secondhand aerosol can be dangerous to baby.
- The aerosol is full of chemicals.
  - Some of these chemicals are known to cause birth defects.



## Keep Your Environment Smoke- and Nicotine-Free

- Make sure friends and family do not smoke or vape around baby.
- Quitting can be hard, but it is one of the best ways to protect you and baby's health.
- Contact the Michigan Tobacco Quitlink to access free quit programs and other resources.
  - Call 800-784-8669.
  - Text QUITNOW to 333888.
  - Visit the [Quitlink webpage](https://www.michigan.gov/Quitlink) (URL: [Michigan.gov/Quitlink](https://www.michigan.gov/Quitlink)).



## Follow the Safe Sleep Steps to Keep Baby Safe

For all sleep times – naps and night:

- Place baby on the back.
- Place baby in a crib, bassinet, pack and play with a firm mattress and tightly fitted sheet. Baby's sleep surface should be flat.
- Keep pillows, blankets, soft toys, crib bumpers, and other soft objects such as wedges, out of baby's sleep space.
- Keep baby's sleep space near your bed.

[Learn more about safe sleep](https://www.michigan.gov/SafeSleep) (URL: [Michigan.gov/SafeSleep](https://www.michigan.gov/SafeSleep)).

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