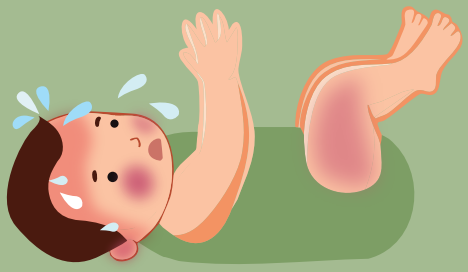
The building blocks of infant safe sleep

Overheating & Safe Sleep

You want to be sure your baby is warm and comfortable. You may be concerned that your baby will be cold or get sick. You may have been told that baby needs many layers to stay warm.

When caring for baby, make sure they are not too warm. Getting too warm or overheated can increase baby's risk of sleep-related infant death. Babies should be dressed for the space they are in. If you think your baby is cold, dress them in a footed sleeper with a sleep sack.



SIGNS THAT BABY MAY BE TOO WARM:

- Red, flushed cheeks or cheeks look darker than normal.
- Neck sweaty, damp or hot.
- Fast, shallow breathing.
- Extra fussy or restless.
- Chest or back is hot to the touch.
- Red or discolored ears.
- Damp or sweaty hair or skin.

If your baby is showing signs that they may be too warm, remove clothing/layers. If removing layers doesn't help, your baby may be sick. For questions or concerns about your baby, contact your pediatrician or health care provider.

SIGNS THAT BABY IS JUST RIGHT:

- Ears same color as rest of body.
- Hands and feet may be cool or cold to the touch.
- Dressed right for the room temperature – a light sleeper or onesie is worn under the sleep sack.
- Sleep sack material is appropriate for the weather and the room temperature.
- Back of neck or chest feel warm, but not too hot.
- Nothing covering head.

This information applies to healthy, full-term infants. For specific questions about your baby, ask your pediatrician or health care provider.

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