The building blocks of infant safe sleep

Smoking & Safe Sleep

Learn how smoking can affect baby's health.

SMOKING INCREASES RISKS.

- Smoking during pregnancy increases baby's risks of Sudden Infant Death Syndrome (SIDS) and sleep-related infant death.
- Even one cigarette a day doubles baby's risks of sleep-related death.
- Smoking can cause babies to be born too small and to be delivered too soon.

SECONDHAND SMOKE INCREASES RISKS.

- Exposure to secondhand smoke increases your baby's risk of SIDS and sleep-related infant death.
- It can damage baby's lungs.
- It 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 contain addictive levels of nicotine.
- They give off aerosol. Exposure to secondhand aerosol can be dangerous to baby.
- The aerosol is full of chemicals and some 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 (URL: Michigan.gov/Quitlink)**

FOLLOW THESE SAFE STEPS TO KEEP BABY SAFE.

For all sleep times, day 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 stuffed animals, pillows, blankets and other soft objects out of baby's sleep space.
- Keep baby's sleep space near your bed.

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Learn more about safe sleep at **Michigan.gov/SafeSleep** and tobacco at **Michigan.gov/Tobacco.**

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