

Infant Safe Sleep Information

Good night. Sleep tight. Sleep safe.

Learn more at
michigan.gov/safesleep



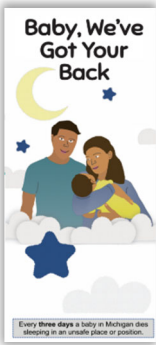

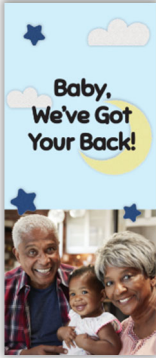

The American Academy of Pediatrics (AAP) Guidelines for infant sleep safety can prevent [sleep-related infant deaths](#). To keep babies 0-12 months of age safe, while sleeping at night and during naps, parents and caregivers should:

- Place baby on back, in a crib, bassinet or play yard (e.g., pack 'n play) for every sleep time.
- Use a firm mattress with a tightly fitted sheet.
- Keep baby's sleep space clutter free – no pillows, blankets or toys.
- Avoid covering baby's head or overheating. Instead of a blanket, consider using a sleep sack, wearable blanket or footed sleeper to keep baby warm.
- Keep baby in a smoke-free environment.

Learn more about the safe sleep guidelines and [why they are recommended](#) to keep babies safe. For more information about infant safe sleep, visit Michigan.gov/SafeSleep or email questions to MDHHS-InfantSafeSleep@michigan.gov.

Educational Materials

Order these resources for free from the [MDHHS Clearinghouse](#).

	<p>Baby, We've Got Your Back Brochure This brochure provides information on how to create a safe sleep space for babies.</p> <p>English Brochure Arabic Brochure Burmese Brochure Spanish Brochure</p>		<p>Baby, We've Got Your Back Poster This poster provides information on how to create a safe sleep space for babies.</p> <p>English Poster Arabic Poster Burmese Poster Spanish Poster</p>
	<p>Baby, We've Got Your Back Brochure for Grandparents This brochure provides information for grandparents on how to create a safe sleep space and answers to frequently asked questions.</p> <p>English Brochure</p>		<p>Safe Sleep Decal This static cling decal provides a snapshot of how to create a safe sleep space for babies.</p> <p>Only available for order at the MDHHS Clearinghouse.</p>

Other Resources

Find a variety of other resources to support safe sleep.

Online Trainings

Online trainings are available for free.

- Infant Safe Sleep for Professionals Working with Families
- Helping Families Practice Safe Sleep

[Online Trainings](#)

Webinars

Webinars related to infant safe sleep.

[Webinars](#)

Infant Safe Sleep for Professionals Email List

To sign up, go to the link and enter your email address.

[Email List Sign Up](#)

American Academy of Pediatrics Recommendation Documents

SIDS and Other Sleep-Related Infant Deaths: Updated 2016 Recommendations for a Safe Infant Sleeping Environment

[Policy Statement](#)

[Technical Report](#)

Safe Sleep and Skin-to-Skin Care in the Neonatal Period for Healthy Term Newborns

[Clinical Report](#)