

# Infant Safe Sleep Information

Good night. Sleep tight. Sleep safe.

Learn more at  
[michigan.gov/safesleep](http://michigan.gov/safesleep)



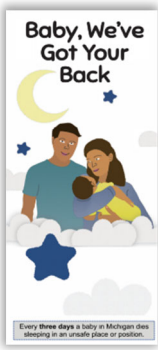

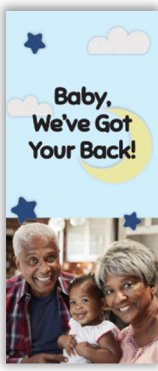
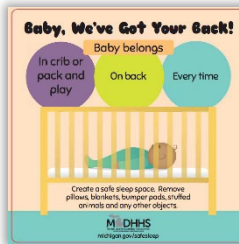
The American Academy of Pediatrics (AAP) Guidelines for infant sleep safety can prevent [sleep-related infant deaths](#). To keep babies 0-12 months of age safe, while sleeping at night and during naps:

- Place baby on back, in a crib, bassinet or pack and play for every sleep time.
- Use a firm mattress with a tightly fitted sheet. Baby's sleep surface should be flat.
- 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](http://Michigan.gov/SafeSleep) or email questions to [MDHHS-InfantSafeSleep@michigan.gov](mailto:MDHHS-InfantSafeSleep@michigan.gov).

## Educational Materials

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

	<p><b>Baby, We've Got Your Back Brochure</b></p> <p>This brochure provides information on how to create a safe sleep space for babies. Available in English, Arabic, Bengali, Burmese, Dari, French, Kinyarwanda, Nepali, Pashto, Spanish, and Swahili.</p> <p><a href="#">All Brochure Translations</a></p>		<p><b>Baby, We've Got Your Back Poster</b></p> <p>This poster provides information on how to create a safe sleep space for babies.</p> <p><a href="#">English Poster</a>  <a href="#">Arabic Poster</a>  <a href="#">Burmese Poster</a>  <a href="#">Spanish Poster</a></p>
	<p><b>Baby, We've Got Your Back Brochure for Grandparents</b></p> <p>This brochure provides information for grandparents on how to create a safe sleep space and answers to frequently asked questions.</p> <p><a href="#">English Brochure</a></p>		<p><b>Safe Sleep Decal</b></p> <p>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>



times. However, some inclined seats, can be

Checklist to determine if a certain product is a safe sleep space for your baby.

[English Checklist](#)  
[Arabic Checklist](#)  
[Spanish Checklist](#)

## Breastfeeding & Safe Sleep

This resource covers how breastfeeding reduces a baby's risk of sleep-related infant death.

[English Version](#)  
[Arabic Version](#)  
[Spanish Version](#)

### Realistic Expectations for Baby's Sleep

This resource covers realistic expectations for baby's sleep and eating patterns.

[English Version](#)  
[Arabic Version](#)  
[Spanish Version](#)

### Soothing a Crying Baby

This resource provides tips on how to soothe a crying baby.

[English Version](#)  
[Arabic Version](#)  
[Spanish Version](#)

### Swaddling

This resource provides tips on swaddling a baby.

[English Version](#)  
[Arabic Version](#)  
[Spanish Version](#)

### Don't Let Baby Get Too Warm

This resource covers the risk of letting baby get too warm and how to know when baby is dressed just right.

[English Version](#)  
[Arabic Version](#)  
[Spanish Version](#)  
[Video Version](#)

## Smoking & Safe Sleep

This resource explains how smoking or vaping during pregnancy or around your baby can increase baby's risk of sleep-related infant death.

[English Version](#)  
[Arabic Version](#)  
[Spanish Version](#)

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**Vaccines**  
This resource provides information on how vaccines can reduce the risk of sleep-related infant death.

[English Version](#)  
[Arabic Version](#)  
[Spanish Version](#)

# 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

Sleep-Related Infant Deaths: Updated 2022 Recommendations for Reducing Infant Deaths in the Sleep Environment

[Policy Statement](#)

[Technical Report](#)

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

[Clinical Report](#)