

Is this Product Safe for Infant Sleep?

The American Academy of Pediatrics recommends a firm, non-inclined sleep surface for your baby, such as a crib, portable crib, bassinet, or pack and play. The mattress should be covered by a tightly fitted sheet with no other bedding or soft items in baby's sleep area.



Many products may seem safe to use with your baby during naps or sleep times. However, some of these products, such as bumper pads, positioners, docks, loungers, and inclined seats, can be dangerous for sleep.

Ask the following questions to determine if a product is safe. If you answer yes to any of the questions, the product is not safe for infant sleep. Scan the QR code to watch a video to learn more.



- Has the product been recalled?
 - Check the CPSC recall list at [CPSC.gov/recalls](https://www.cpsc.gov/recalls).
- Does it have soft padded sides or a soft sleep surface?
 - Soft items such as bumper pads, crib liners, stuffed animals, or pillows can get in the way of baby's breathing.
- Does it cause baby to sleep on an incline?
 - When sleeping on an incline, baby's head can slump down and their airway can be pinched, causing trouble with breathing. Also, babies can more easily roll over when sleeping on an incline—even if they have not done it before. If they roll, baby can suffocate.
- Does it have straps?
 - Straps can get caught around baby's neck, causing strangulation.
- Is it weighted?
 - Items like a weighted sleep sack or weighted swaddle can be too heavy.
- Does the product information say that using the product makes it safe for baby to sleep on the stomach or side?
 - Babies are safest sleeping on their backs.

Other questions to consider:

- Does the product information say that it prevents Sudden Infant Death Syndrome (SIDS)?
 - No product has been approved to make this claim.
- Does it monitor a baby's vital signs?
 - Home heart rate and pulse oximetry (cardiorespiratory) monitors have not been proven to reduce the risk of SIDS or sleep-related infant death. If home monitors are used, the safe sleep guidelines should still be followed.

For more information about infant safe sleep, go to Michigan.gov/SafeSleep.



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