The building blocks of infant safe sleep

Planning Ahead for Safe Sleep

Having a new baby can be exhausting, but planning ahead just in case you fall asleep can keep your baby safer and give you peace of mind.

PLAN AHEAD FOR WHEN YOU'RE TIRED.

You're already doing lots of things to protect your baby. But if you're like most parents, you might not think about your own sleepiness as being risky. Falling asleep with your baby can put baby at risk for suffocation, falling, or other dangers.

If there is a chance you could fall asleep when feeding or comforting baby:

- **Choose a prepared bed** instead of a couch, chair or rocker.
  - Prepare your bed by removing bedding, pillows and soft items. This practice may help prevent suffocation in case you fall asleep.
- **Set an alarm or timer** on a phone to wake you in case you fall asleep.
- **Ask someone for help** to keep you company or check on you.
- **Move baby to their crib** as soon as you wake up if you accidentally fell asleep with baby.

TAKE ACTION TO REDUCE YOUR BABY'S RISK OF SLEEP-RELATED INFANT DEATH.

Use these tips to plan ahead for when you are tired to keep your baby as safe as possible.

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

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