

Sleeping with Your Baby

The American Academy of Pediatrics **DOES NOT** recommend that you sleep with your baby as there is always some risk of suffocation.

IF YOU ARE THINKING ABOUT SLEEPING WITH YOUR BABY: WHAT YOU SHOULD KNOW

Certain situations make sleeping with your baby even more dangerous and increase the risk of sleep-related infant death:

Your baby ...

- Was born premature (born more than 3 weeks early) or weighed less than 5 pounds, 8 ounces at birth.
- Was exposed to tobacco smoke or vape aerosol during pregnancy.
- Is not exclusively breastfed.
- Is less than 4 months old.

The first two factors are not modifiable after baby is born. **Your baby is at increased risk of sleep-related infant death if you sleep with them.**



The person sleeping with your baby ...

- Has consumed alcohol, medications or drugs that make them drowsy or harder to wake up.
- Is overly tired.
- Uses tobacco (smoke or vape).
- Is not the baby's parent.

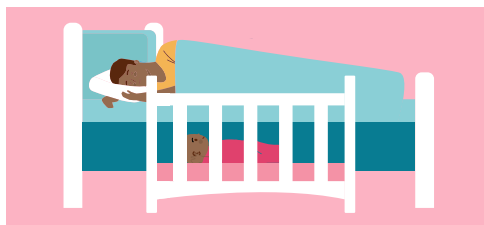


The sleep space ...

- Has pillows, blankets, or a very soft mattress.
- Is a couch, chair, or recliner.
- Includes other adults, children, and/or pets.



Focus on what is in your control and take action to reduce your baby's risk of sleep-related infant death.



If any of the items above are true for your situation or your baby, it is strongly suggested that you reconsider the practice of bed sharing. Instead, consider using a safety-approved crib, bassinet, or pack and play in your room beside your bed.

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



Infant Safe Sleep

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