



**SAFE SLEEP IS  
AS EASY AS**

**ALONE.  
BACK.  
CRIB.**



If your baby needs a safe place to sleep, visit [safesleep.isdh.in.gov](https://safesleep.isdh.in.gov).

Prevent suffocation and other sleep-related infant deaths by practicing safe sleep.

## Babies sleep safest:

### ALONE

Babies should sleep alone in their own sleep space, in the same room but on a separate surface from other people.

### BACK

Babies should be placed on their back to sleep. Every nap. Every sleep. Every time.

### CRIB

Babies should sleep in a crib or bassinet with a firm, flat surface, with no extra things such as bumpers, blankets or toys.

