

# Safe Sleep for Your Baby

Share your room, not your bed, to help keep your baby safe.

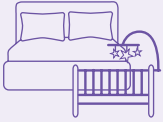


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[www.in.gov/health/safesleep/safe-sleep/](http://www.in.gov/health/safesleep/safe-sleep/)



New parents get a lot of advice, and some of it can be confusing. Here's what you need to know about safe sleep for your baby.

## Experts Say Room-share, Not Bed-share

The American Academy of Pediatrics (AAP) recommends it's safest for babies to sleep in the same room as you, but not in the same bed. This is called room-sharing, or when your baby sleeps on a different sleep surface, like a crib or bassinet, in your bedroom. They recommend room-sharing for at least the first 6 months to help your baby sleep safely.

### Why Room-share?

When you room-share, you can easily check on your baby and respond to their needs. This can offer a feeling of security without the hazards of co-sleeping, helping your baby and you get back to sleep safely! Room-sharing is also a great way to bond with your baby and can help with breastfeeding. Studies show room-sharing can even lower the risk of Sudden Infant Death Syndrome (SIDS).

### Why Not Bed-share?

Sharing a bed with your baby can be deadly. Babies can suffocate on soft blankets and pillows on your bed. As you move around during sleep, your body, arm, or even your hair can fall across your baby's face and accidentally block their breathing.



### Tips for Safe Room-sharing Sleep:

- **Clear the crib:** remove pillows, blankets, and stuffed animals.
- **Back is best:** always place your baby on their back to sleep.
- **Keep them cool:** dress your baby in layers and remove any hats.
- **Try a pacifier:** studies suggest pacifiers can lower the risk of SIDS. If you choose to breastfeed, wait until it's going well before introducing a pacifier to your baby. Avoid pacifiers that are connected to onesies or have stuffed animals attached.



### Talk About It

Ask your healthcare provider or reach out to your local health department with questions about safe sleep for your baby. Help is available! Remind anyone who cares for your baby about the importance of safe infant sleep.

### Additional Resources

Every nap. Every sleep.  
SAFE SLEEP SAVES LIVES.

[safesleep@health.in.gov](mailto:safesleep@health.in.gov)



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