

Safe Sleep Away from Home



Indiana
Department
of
Health



Indiana
SAFE SLEEP PROGRAM

www.in.gov/health/safesleep/safe-sleep/

Babies sleep... a lot! And whenever they sleep, it should be in a safe place. When your baby needs to sleep away from home, like in a motel, hotel, or at a friend or family member's house, make sure they have a safe place to sleep. If a crib isn't available, choose another safe sleep option.

✓ Safe Places for Baby to Sleep



Pack n' Play

A great crib alternative. Use only a thin, firm mattress with a tight sheet—no blankets, pillows, or toys. It's portable and easy to transport.



Playpen or Play Yards

Sturdy with mesh sides. Use a thin mattress and keep it free of toys, blankets, and other items.



Bassinet or Cradle

Safe if locked in a non-rocking position. Your baby should sleep flat on their back.

✗ Unsafe Places for Baby to Sleep



Inflatable Mattress or Waterbeds

Too soft—your baby's face could be covered, making it hard to breathe.



Bouncers, Car Seats, or Swings

Not safe for long sleep. It's hard for babies to keep their heads up, and if their heads fall forward, their airways can close and lead to suffocation. They could also shift down into a position that closes their airways.



Pods, Nests, or Crescent Shaped Pillows

Too soft and can cause overheating or suffocation.



Sofas, Couches, or Chairs

Babies can get wedged against the side or back of the couch, sofa, or chair, making it hard to breathe.

At home or on the go, always put your baby to sleep on their back, in their own crib or bassinet, and without anything else near them. Remind anyone who will be caring for your baby to do the same.

Additional Resources

Every nap. Every sleep.
SAFE SLEEP SAVES LIVES.

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