

Car Seats and Infant Sleep Safety

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Best Practices

Car seats are designed for safe transportation, not prolonged sleep, especially with babies.

What if a caregiver says, “When my baby falls asleep in the car seat, I don’t want to wake them up”?

- **Acknowledge** the caregiver’s perspective and reassure them that their concern is understandable.
- **Support** the family by helping them connect with resources to access a safe sleep space.
- **Educate** that infants should always sleep on a firm, flat surface. If a baby falls asleep in a car seat, the baby should be moved to a safe sleep environment as soon as possible after arriving at the destination. Babies should not be left to sleep in a car seat outside of a moving vehicle.



Fast Facts

- Car seats are designed for transportation, not routine sleep.
- Babies’ airways can become restricted if their head falls forward (positional asphyxia).
- Sleeping in a car seat, especially outside a moving vehicle, increases the risk of Sudden Unexpected Infant Death (SUID).
- Pediatric safety experts recommend limiting time in the car seat to no more than 2 hours.
- Avoid car seat accessories. They are not safety tested and may increase risk.

For more
information, visit
[in.gov/health/frp/
safesleep/](https://in.gov/health/frp/safesleep/)