

All Babies Deserve to Sleep Safely. Reduce the Risks.

Babies are at the **highest risk of accidental suffocation and strangulation in bed during the first 6 months of life.**

Safe Sleep Environment

SHARE YOUR ROOM—
NOT YOUR BED



1 Room share — keep your baby's sleep area in the same room, next to your sleep area.



2 Always place baby on his or her back to sleep for all sleep times, including naps.

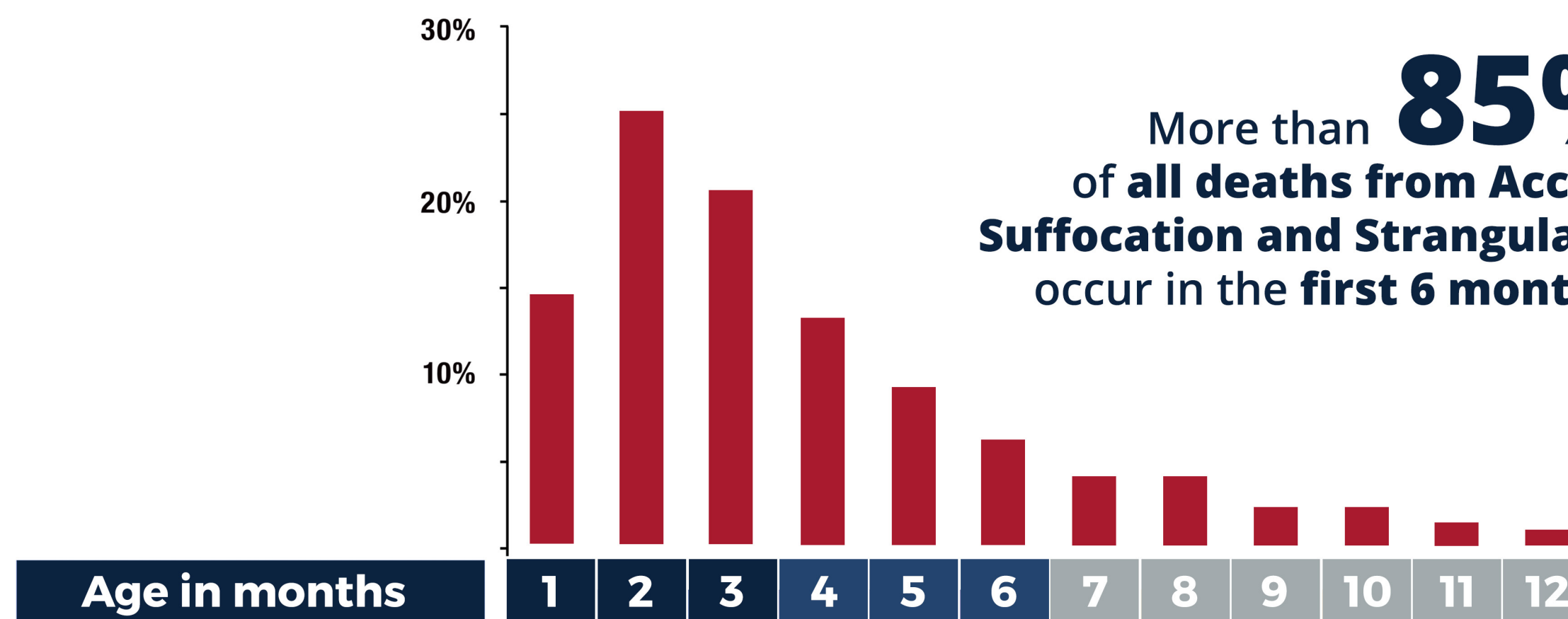


3 Use a firm sleep surface, free from soft objects, toys, blankets, and crib bumpers.



Accidental Suffocation and Strangulation during Infant Sleep

Accidental Suffocation and Strangulation in Bed, or ASSB, occurs when something limits a baby's breathing; for example, when soft bedding or blankets are against their face or when a baby gets trapped between two objects, such as a mattress and wall.



More than **85%** of all deaths from **Accidental Suffocation and Strangulation in Bed** occur in the **first 6 months** of life.