

Smoking & Safe Sleep

Learn how smoking can affect your baby's health.



Smoking and Safe Sleep

- Smoking during pregnancy increases your baby's risk of Sudden Infant Death Syndrome (SIDS) and sleep-related infant death. Exposure to secondhand smoke also increases your baby's risk.
- Recent research shows that smoking even one cigarette a day **doubles** baby's risk of sleep-related death.
- Quitting smoking can be hard, but it is one of the best ways you can protect yourself and your baby's health. Call the free Michigan Tobacco Quitline at 800-784-8669 for resources and support to help you to quit today.



Smoking

- Keep your baby in a smoke-free environment before and after birth. Make sure that friends and family do not smoke around your baby.
- Smoking can cause you to deliver too soon and can cause your baby to be born too small. Both can increase your baby's risk of sleep-related infant death.
- If your baby regularly breathes secondhand smoke, his or her lungs can be permanently damaged.
- Chemicals in secondhand smoke can affect your baby's brain and interfere with how your baby's breathing is regulated.



Safe Sleep

Keep your baby safe by following safe sleep recommendations for all sleep times – naps and night:

- Place your baby on his or her back for all sleep times.
- Place him or her to sleep in a crib, bassinet, portable crib, or play yard with a firm mattress and tight-fitting sheet.
- Keep pillows, blankets, soft toys, crib bumpers, and other soft objects such as wedges, out of your baby's sleep area.
- Dress baby in a sleep sack or pajamas to match the temperature of the room.

Photo Credit: Federal SUID/SIDS Workgroup. Get more information and free materials on safe sleep at safetosleep.nichd.nih.gov.



E-Cigarettes

- E-cigarettes have many names: vapes, vape pens, e-hookahs, mods, JUULs, or tanks.
- They give off aerosol that is full of chemicals. Some of these chemicals are known to cause birth defects.
- Secondhand aerosol can be dangerous to your baby.

Learn more about safe sleep at Michigan.gov/SafeSleep.

Learn how to improve your health and your baby's health by reducing tobacco use at Michigan.gov/Tobacco.

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