

Is this Infant Safe Sleep?



The American Academy of Pediatrics (AAP) recommends a firm, flat sleep surface for your baby. A crib, portable crib, bassinet, or play yard that follows the safety standards of the Consumer Product Safety Commission (CPSC) is recommended. The mattress should be covered by a tightly fitted sheet with no other bedding or soft items in the sleep area.

Questions to Ask

To determine if baby is sleeping safely or if you should use a certain product, ask these questions:

- Is the baby sleeping on the stomach or side?*
- Is the baby sleeping with another child, adult, or pet?*
- Is the baby sleeping in a location other than a crib, portable crib, bassinet, or play yard?*
- Has the product being used for sleep been recalled or does it have broken/missing pieces?*
- Does the product being used for sleep have extra padding, soft surfaces, bumper-like pads, or heavy, thick coverings?*
- Is the sheet loose?*
- Is the sheet so tight that it causes the mattress to curl up?*
- Does the product being used for sleep allow the baby to sleep on an incline (not flat)?*
- Does the product being used for sleep have straps?*
- Does the product limit baby's movement during sleep?*
- Does the bottom of the sleep area rest directly on the floor, a table, a bed, etc. as it does not have attached, free-standing legs?*
- Are there soft objects and/or blankets in the sleep area?*
- Does the information on the product say that it is safe for your baby to sleep on his stomach?*

If the answer is yes to any of these questions – baby is not sleeping safely.

Other questions to consider:

- Does the information on the product say that it prevents Sudden Infant Death Syndrome (SIDS)? No product can claim that it prevents SIDS.
- Does the product monitor a baby's vital signs? Use of monitors may cause parents to feel they can practice unsafe sleep because their infant is being monitored. Monitors should only be used under the direction of a health care professional.

Remember—just because a product is sold in a store, does not mean it's safe for sleep.