

# The ABC's of Safe Sleep

## **A** Alone

Share your room, not your bed. Your baby should not sleep with others in a bed, on a couch, or in a chair.

## **B** Back is best

Your baby should be placed to sleep on his or her back in a safety-approved crib on a firm mattress during naps and at nighttime.

## **C** Crib (uncluttered)

Remove all loose bedding, comforters, quilts, stuffed animals, bumpers, wedges, and pillows from your baby's crib.



To learn more, visit:  
[StuderFamilyChildrensHospital.com](https://www.StuderFamilyChildrensHospital.com)

Sleep-related deaths are the leading causes of death in babies 1 to 12 months of age.