



Public Health
England



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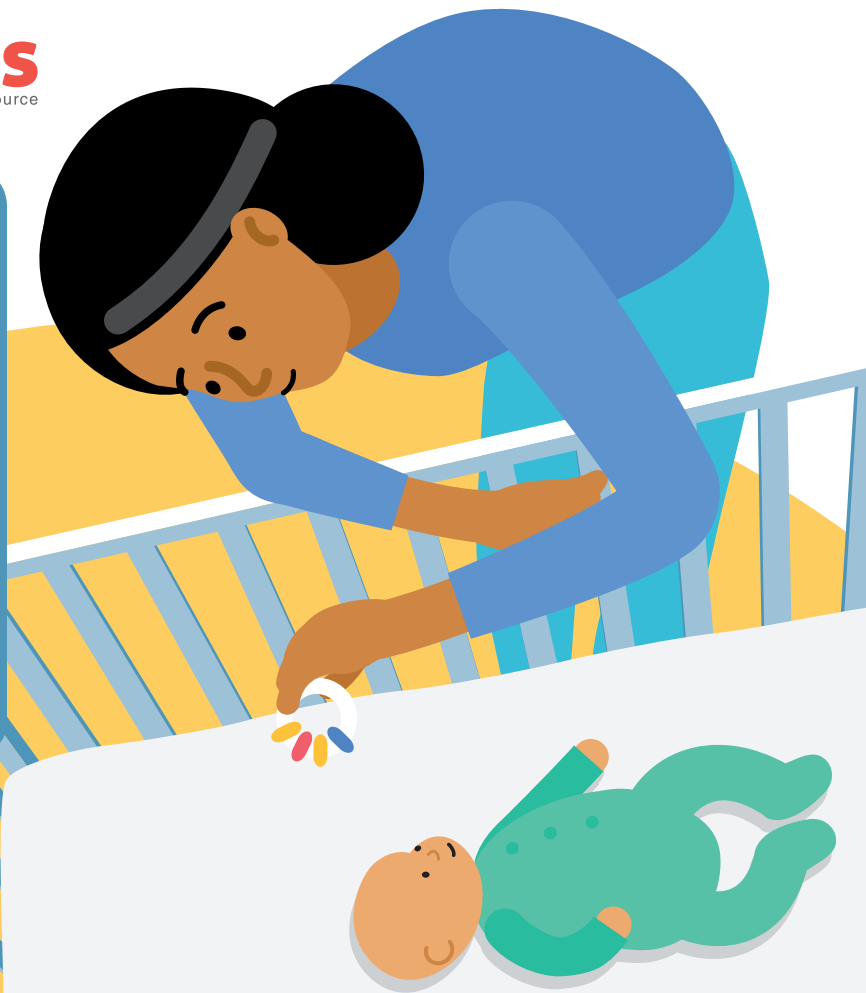
Basis
Baby sleep info source

To reduce the chance of sudden infant death syndrome (SIDS), always follow safer sleep for your baby:

Put them on their **BACK** for every sleep

In a **CLEAR FLAT SLEEP SPACE**

Keep them **SMOKE FREE** day and night





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Tips for safer bedsharing

Some parents choose to share a bed with their baby.

Be aware – You should not share a bed with your baby if:

- you have recently drunk any alcohol
- you or your partner smoke
- you have taken any drugs that make you feel sleepy or less aware
- your baby was born prematurely or very small

Sofas and armchairs are always dangerous places to fall asleep with your baby – move somewhere safer if you might fall asleep

Keep pets away from the bed and do not have other children sharing the bed

Make sure baby won't fall out of bed or get trapped between the mattress and the wall

Keep pillows and adult bedding away from baby

Follow the tips if you think you might fall asleep with your baby in the bed

