



# Your baby's **SAFE SLEEP CHECKLIST**

You spend your baby's waking hours keeping them safe. It's just as important to keep your baby safe during sleeping hours.

Double check that you're eliminating these hazards and meeting these safety standards.

- Make sure there are **no spaces or gaps** in between the mattress and the crib or wall.

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- Use a **firm mattress** that is approved to match your baby's crib.

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- Make sure your baby's bed meets the most **updated safety standards**. Check online for any recalls or warnings.

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- Keep your baby's bed **away from windows and electrical cords**.

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- Don't** let your baby sleep in a carrier, car seat, stroller, swing or rocker.

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- Keep your baby's room between **68 and 72 degrees**.

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- Dress your baby in **light pajamas**. Don't dress your baby in layers or anything that may wrap around them. Sleeveless sleep sacks are a safe option to keep your baby warm through the night.

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- Skip the home cardiorespiratory monitors** unless your baby's pediatrician recommends one. Some babies do need these for medical purposes.

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- Put your baby on their back** until they're 1 year old, including at nap time and bedtime.

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- Never** put your baby in bed with you.

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- Make sure there **aren't any extra things in the crib** or basinet, such as blankets, pillows, soft toys or bumper pads.

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- Put only a **tight fitted sheet** on your baby's mattress.

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