

Sleep Positions for Young Infants and SIDS

The American Academy of Pediatrics recommends that all healthy infants sleep on their backs for the first 6 months of life. Studies have shown sleeping on the back reduces the risk of Sudden Infant Death Syndrome (SIDS).

- It is **not** recommended to allow babies to lie on their stomach to sleep.
- Sleeping on their side is a safer alternative.
- Use a firm mattress and avoid soft bedding such as waterbeds, pillows, and sheepskin.
- Do not let your baby sleep in your bed during the first 12 months.
- Protect your baby from cigarette smoke.

Be sure to share this information with baby-sitters, grandparents and other caregivers.

There are some situations when babies should sleep on their stomach, such as complications with apnea and vomiting. Babies can spend time on their stomachs during the day and for play. The back position is for sleeping during naps and bedtime. Please consult your pediatrician for further advice.