Because every baby deserves to sleep happy

DISCLAIMER ABOUT SAFETY AND SIDS

During the sleep training process, always create a safe and proper sleep environment for your baby to optimize baby's sleep. A safe sleep environment also reduces the risk of Sudden Infant Death Syndrome (SIDS) and other sleep-related causes of infant deaths. Sudden Infant Death Syndrome (SIDS) is defined as the sudden death of an infant under the age of one year that cannot be explained even after a full investigation that includes a complete autopsy, examination of the death scene, and review of the clinical history of the infant. Research has shown that SIDS is the leading cause of death in children between 1 month and 1 year of age. Although there are clear risk factors that we can minimize during infant sleep, it is not known exactly what causes SIDS, and it cannot be completely prevented. SIDS rates, however, have fallen 50% since the " Safe to Sleep Campaign," formerly called the "Back to Sleep" Campaign, which was started to make parents aware

they should *ALWAYS* put babies to sleep on their backs. Some of the known risk

factors for SIDS and other sleep-related causes of infant deaths include:

i.   Putting babies to sleep on their stomachs

ii.   Putting babies to sleep on soft surfaces such as adult mattresses, couches,

armchairs, bean bags, and inflatable devices

iii.   Putting babies to sleep under soft or loose bedding

iv.   Babies getting too hot during sleep

v.   Exposing babies to cigarette smoke in the womb or their environment,

such as at home, in the car, or in other areas

vi.   Putting babies to sleep in an adult bed with parents, other children, or

pets

As a sleep consultant, I recommend only safe sleep options and educate you about

creating a safe sleep environment for your little one. It is, however, your

responsibility and choice to follow these recommendations.

Sleep Environment

So, what does a safe sleep environment look like?

The American Academy of Pediatrics (AAP) has proposed the following

recommendations as to what a safe sleep environment should look like for your

baby. These recommendations are based on research and help minimize the risk of SIDS and other Sudden Unexpected Infant Deaths (SUIDs) in babies.

i.   Use a firm sleep surface such as a mattress in a safety-approved crib.

ii.   Use a fitted sheet to cover the mattress, not a loose sheet or blanket

iii.   Do not use pillows, blankets, or crib bumpers anywhere in the baby's sleep area

iv.   Keep toys and loose fabric/clothing out of the baby's bed

v.   Ensure that baby's head remains uncovered during sleep

vi.   Always lay baby down on his back to sleep (in keeping with the **Back to Sleep Campaign** from the AAP) for all naps and at bedtime

vii.   Dress baby in comfortable clothing such as a one-piece sleeper to prevent overheating. You may even use an AAP-approved sleep blanket/sack but do not use a loose blanket

viii.   Avoid using a swaddle once baby is able to roll over on his own

ix.   Feed baby human milk (breastfeed)

x.   You may share a room with the baby for the first 6 months, but give them their own sleep space, such as a crib, bassinet, or portable pack-and-play

xi.   Do not let baby sleep in an adult bed, on a couch, or a chair alone, with you, or with anyone else

xii.   Do not smoke or let anyone smoke around baby

xiii. Stay drug and alcohol-free around baby

For more information on SIDS and reducing baby's risk, you can visit

https://publications.aap.org/view-large/9907608