



Sleep-Related Infant Deaths: What You Need to Know

How to Reduce the Risk and Keep Babies Safe



The Facts

- Sleep-related deaths are the third-leading cause of infant death in Mississippi.
- Babies in their first year of life are the most likely to die from sleep-related risks.
- Not all reasons for sleep-related deaths are known, but accidental suffocation is one leading cause.

How to Reduce Risk

- Put infants on their backs for all sleep times.
- Use a firm crib mattress with fitted sheet; keep soft objects and loose bedding out of the crib.
- Never allow babies to sleep in adult beds, couches, or chairs—even for naps.
- Dress baby in appropriate sleepwear & avoid overheating—sleep sacks are safer than blankets.
- Breastfeed if possible—this can lower the risk of SIDS—and always return baby to their own sleep space after feeding.
- Avoid smoke exposure—do not smoke during pregnancy or around baby, and do not allow anyone else to smoke around your baby. Clean air matters!

SAFE SLEEP

STARTS WITH ABC



Every nap,
Every night,
Every caregiver.



A

ALONE - Put babies to sleep alone—not with parents, siblings, or pets—for every nap and night.

B

BACK - Always place babies on their backs to sleep. This is the safest position for breathing and reduces SIDS risk.

C

CRIB - Use a firm, safety-approved crib or bassinet with a fitted sheet. Avoid sleeping on couches, car seats, swings or chairs.

**CLEAR THE SLEEP AREA OF PILLOWS, BLANKETS, BUMPERS, TOYS AND LOOSE BEDDING.
KEEP THE CRIB FREE FROM CLUTTER—ONLY A FIRM MATTRESS AND FITTED SHEET BELONG.**