



Safe Sleep Factsheet

What is a sleep-related infant death?

A sleep-related death is the death of a baby before their first birthday during night or naptime sleep.

What are the causes of sleep-related deaths?

- **Accidental Suffocation** (for example, from a blanket or bumper pad blocking a baby's airway)
- **Overlay** (for example, if an adult or other child sleeps in bed with the baby and rolls onto the baby)
- **Unknown factors** (The ABCs of safe sleep were not followed but exact causes cannot be determined)



Franklin County
Public Health

Why is safe sleep important?

About 15% of all infant deaths in Franklin County were sleep-related.

It is estimated that 93% of the sleep-related infant deaths in 2012-2014 were preventable.

What can you do? Practice ABCs of Safe Sleep

Never
smoke around
a baby!

Each One, Teach
One! Spread the
message about safe
sleep to your family,
friends, and
neighbors!

Visit myfcph.org/safesleep for
more flyers, factsheets, and tips
for parents, grandparents,
childcare providers, businesses,
and community members

Support and
encourage mothers
to breastfeed!

Contact Franklin County
Public Health for Safe
Sleep trainings for your
organization or even just
a group of your friends
and family!

Email Nicole Vestal
to request materials
or trainings at
nlvestal@franklincountyohio.gov

Protect your baby at night and naptime by following the ABCs of Safe Sleep



Alone- Stay Close, Sleep Apart

The safest place for your baby to sleep is in your room but NOT your bed. Putting baby to sleep in a crib next to your bed allows you to monitor the baby at night and breastfeed as needed but helps keep baby safe from an adult rolling onto baby at night.



Back- Baby on its back for nights and naps.

Baby should sleep on their back in a firm mattress with a fitted sheet for EVERY sleep, including nighttime and naptime.



Crib - Clean & Clear Crib

A baby's crib should only have a firm mattress with a fitted sheet.

NO toys, blankets, pillows, positioning devices, or bumpers. Cribs, bassinets, and play yards with firm mattresses are the only safe places for babies to sleep.

Other Tips

- Schedule and go to all well baby visits.
- Breastfeed your baby. Breastfeeding has been shown to reduce the risk of Sudden Infant Death Syndrome (SIDS), which is an unexplained death (usually during sleep) of a baby under the age of one.
- Consider offering your baby a pacifier at naptime and bedtime, but only after breastfeeding is established. Do not replace if it falls out.
- Give your baby plenty of supervised tummy time when they are awake. Make sure there is a dependable adult to look after your baby during tummy time.
- Make sure your baby does not get too hot.
- Do not let anyone smoke in the home or around your baby.
- Do not drink or use drugs while caring for your baby. If you are impaired, have a designated, dependable, sober adult to help you practice the ABCs of Safe Sleep for your baby. This is true even when taking prescription drugs as prescribed.
- Do not use products that claim to reduce the risk of SIDS, like wedges and positioning devices. Many of these devices have not been scientifically tested.