



**Advanced  
Pediatric  
Associates<sub>LLP</sub>**

## **Back to Sleep**

Sudden infant death syndrome (SIDS) is the sudden and unexplained death of an infant under one year of age. SIDS strikes nearly 5,000 babies in the U.S. every year. One of the most important things you can do to decrease the chance of SIDS is to put your baby on his or her back to sleep. Some other suggestions include:

- Avoid soft mattresses, pillows, waterbeds and beanbag furniture. Use a firm mattress in a safety-approved crib.
- Keep the baby's sleeping area clear of clutter, including stuffed toys and soft bedding.
- Avoid smoking during pregnancy and keep your baby's environment as smoke-free as possible.
- Keep the baby's room at a comfortable temperature (65° to 68°), and do not wrap the baby in too many blankets.
- Do not use a hat on a sleeping baby.
- Bed sharing has not been found to protect against SIDS and according to the American Academy of Pediatrics can be hazardous to the baby's health.