

Back to sleep tips

- Healthy babies should sleep on their backs. This is one of the most important things you can do to help reduce the risk of Sudden Infant Death Syndrome or SIDS. Do this when your baby is being put down for a nap or going to bed for the night.
- At first, some babies don't like sleeping on their backs, but most get used to it. Remember, this is the best position for your baby.
- Use a firm mattress with no pillows. Pillows and bumpers are not necessary and can cause suffocation.
- To avoid a flattened head, your baby can be placed on his or her stomach when awake. Some "tummy time" during hours when your baby is awake is good for your baby.
- Newborns sleep 18 to 20 hours a day at first. You'll notice a sleep pattern develop.
- Try to encourage a regular pattern of naps and night sleep.
- There's no need to keep the house quiet while your baby sleeps.
- Have the room at normal temperature and avoid placing the crib in a drafty area. It's fine to run your air conditioning during hot summer months, but avoid having the cool air blowing on the baby.

Additional helpful resources

- Safe to Sleep: www.nichd.nih.gov
- Safe Sleep Saves Lives: www.cjfirstcandle.org
- Safe Sleep: www.dcs.az.gov/services/safe-sleep