

# Safe Sleep During Winter

Sleep related deaths are a major concern in Kentucky. By following the American Academy of Pediatrics' Safe Sleep recommendations, sleep related deaths can be greatly reduced.



- **Babies should sleep alone** in their own crib, bassinet or play yard. The baby's sleep area may be in the parent's room, but **not** in the parent's bed.
- **Always place infants on their backs to sleep** to reduce the risk of SIDS.
- Keep the crib, bassinet or play yard **free and clear** of soft objects, toys, loose bedding, bumper pads and pillows.
- **No smoking** around the baby.
- **Breastfeeding** and giving baby a pacifier during sleep also reduces sleep related deaths.

## Protection for Winter Weather

- Baby can be dressed in a **one-piece pajama or wearable blanket**. Wearable blankets can be layered over undershirts or a onesie. Do not let your baby get too hot by overdressing them or wrapping them in heavy blankets.
- **Keep the baby's room at a comfortable temperature**. Do not overheat the room.
- **Do not put a hat on your baby to sleep**; there is a risk the hat could slip down, covering the baby's face.



**REMEMBER** to keep all portable heaters away from the baby and baby's sleep area. The baby can overheat if too close to a heater, receive burns, or become tangled up in cords of small electric heaters.