

Sudden Infant Death Syndrome (SIDS)

Caring for Your New Baby

Do you have questions?

Call our 24-hour Nurse Advice Line.

We are here to help you.



English:

(888) 275-8750

Español:

(866) 648-3537

TTY/TDD:

711

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Your Extended Family



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Putting your baby to sleep

Sometimes, your baby's sleep space can become a risk factor for SIDS. Blankets and toys can block your baby's access to air. Make a safe place for your baby to sleep.

Follow these tips to make sure your baby keeps a clear airway:

- Be sure the bed surface is firm. Cover it with a fitted sheet.
- Always place your baby on his or her back for sleeping.
- Remove stuffed animals, toys, loose blankets or other objects from the bed.
- Your baby should not sleep in an adult bed, couch or chair, or with you or anyone else.

Other risk factors

A single risk factor is not likely to cause SIDS. It is most often two or more factors.

Here are some risk factors:

- Your baby was born prematurely or with a low birth weight.
- Your baby is in contact with cigarette smoke after birth.
- Your baby is too warm from the sleepwear.
- You are younger than 20 years of age.



Sudden Infant Death Syndrome (SIDS) occurs when an infant dies without warning while sleeping.

SIDS is the **leading cause of death** among infants aged 1-12 months.

You can help **prevent** SIDS.