

Safe Sleep ABCs

The AAP-backed rules that cut SIDS risk by 50%+

A • Alone

Baby sleeps by themselves — no blankets, pillows, bumpers, crib liners, stuffed animals, or sleep positioners. Pacifier is OK after breastfeeding is established.

B • on Back

Every sleep, every time, until baby can roll both ways on their own. Once they roll independently, you don't need to reposition them.

C • in a Crib

Firm, flat mattress that fits the frame with no more than two finger widths of gap. Fitted sheet. Nothing else in the sleep space.

Room temp: 68–72°F

Overheating is a SIDS risk factor. Dress baby in one more layer than you're wearing. Wearable blankets (TOG 0.5 summer, 1.0 all-season, 2.5 winter) replace loose blankets entirely.

Room share, don't bed share

AAP recommends room-sharing (not bed-sharing) for at least the first 6 months — cuts SIDS risk by up to 50%. Bassinet next to your bed is the gold standard.

Red flags to never use

Inclined sleepers (federally banned). Crib bumpers — padded or mesh. Weighted blankets or sleep sacks. Bed-sharing with an intoxicated, medicated, or exhausted adult. Couch or armchair sleep.

Sources: AAP Safe Sleep Policy Statement (2022) · CPSC · Safe Sleep for Babies Act (2022)