

Put Baby Down to Sleep Safely

Dearborn, MI

By **BETH DALBEY** (Patch Staff) October 13, 2015

The tragic deaths of two [infants who died while sleeping with adult relatives](#) in separate incidents early Saturday has prompted a reminder from the Oakland County Health Division about safe sleep guidelines.

Public health officials say it's important that all caregivers understand the proper way to put a baby down for a nap or sleep.



Sleep-related causes of infant death are those linked to how or where a baby sleeps. They are due to accidental causes, such as: suffocation; entrapment, when the baby gets trapped between two objects, such as a mattress and wall, and can't breathe; or strangulation, when something presses on or wraps around the baby's neck, blocking the baby's airway.

Here are the safe baby sleep guidelines:

- Make sure the baby sleeps alone in a crib, Pack 'N Play, or bassinet. If you bring the baby into your bed to breastfeed, make sure to put him or her back in a crib, Pack 'N Play, or bassinet.
- Always put the baby to sleep on his or her back – even when the baby can roll over.
- Pillows, blankets, stuffed animals, or other soft things should not be in the baby's sleep area. Crib bumpers can cause serious injuries and even death. Keeping them out of the baby's sleep area is the best way to avoid these dangers.

- Keep the baby's face uncovered during sleep for easy breathing. Use a sleeper instead of a blanket.
- Avoid allowing anyone to smoke around baby.
- Avoid overheating the baby. Dress the baby in the same amount of clothing as you are wearing. Keep the room at a temperature that is comfortable for an adult.
- Use a firm mattress with a tightly fitted sheet. Never place the baby to sleep on soft surfaces, such as on a couch or sofa, pillows, quilts, sheepskins, or blankets.