Deaths are preventable. Many of these conditions can be avoided if you take steps to prevent them. Some of the most common causes of death among infants are:

- SIDS
- Prematurity
- Accidents
- Congenital anomalies

What else can I do to reduce the risk of my baby dying during sleep?

- Do not smoke around your baby.
- Keep your baby's room temperature comfortable.
- Avoid overheating your baby.
- During sleep, always place your baby on their back to sleep.

For more information:

- Visit the American Academy of Pediatrics: www.aap.org
- Alaska Division of Public Health: www.alaskapl.gov

What about when others care for my baby?

- Do not use blankets.
- Keep the room temperature comfortable.
- Avoid overheating your baby.
- During sleep, always place your baby on their back to sleep.

What do some babies die from?

- SIDS
- Prematurity
- Accidents
- Congenital anomalies

A baby is considered to be at risk for sudden infant death syndrome (SIDS) if:

- They are under 2 months old.
- They were born before 37 weeks of pregnancy.
- They were exposed to secondhand smoke.
- They did not have a birth defect.

What can I do to prevent SIDS?

- Place your baby on their back to sleep.
- Do not use soft bedding.
- Keep your baby at a warm temperature.
- Avoid overheating your baby.
**Unsafe Sleep**

- Are obese.
- Are very tired.
- Alcohol, drugs, or medications.
- Are under the influence of
- Currently smoke.
- Caregiver if they:
  - With their mouth or primary
  - Dying pregnant
  - With another child, or pet.
  - With a non-primary caregiver.
  - 3 months old.
- With anyone before they are
- In the same bed.
- Toys or bumper pads.
- In a area with blankets, pillows.
- Surfaces like and or soft
- Babies are UNSAFE when they sleep.

Put your baby at risk.

Sharing the sleep surface.

**Fasting**

- Your baby needs lots
- Of room to breathe.

Sleeping safely?

**Keep your baby**

- It’s as simple as:
- Protect them when they sleep.
- For babies less than 1 year old, follow these guidelines to
- The American academy of Pediatrics
- www.powsc.gov for more
- Safety approved check the consumer
- Product safety website.
- Crib should be
- Provider if you’re concerned.
- Ask your health care
- Except those with wise medical
- to check when sleeping on their
- Breathe better and feel
- Baby’s not even crib bumper pads.
- Alone – Nothing in the crib with

**UNSAFE Crib**

In their Backs

- Babies are SAFER when they sleep.

- On their backs – Babies