



Public Health
England



unicef
UNITED KINGDOM

Basis
Baby sleep info source

To reduce the chance of sudden infant death syndrome (SIDS), always follow safer sleep for your baby:

Put them on their **BACK** for every sleep

In a **CLEAR, FLAT SLEEP SPACE**

Keep them **SMOKE-FREE** day and night





Public Health
England



Basis
Baby sleep info source

Things to remember if bedsharing

Some parents choose to share a bed with their baby.

Be aware – you should not share a bed with your baby if:

- you have recently drunk any alcohol
- you or your partner smoke
- you have taken any drugs that make you feel sleepy or less aware
- your baby was born prematurely or very small

Sofas and armchairs are always dangerous places to fall asleep with your baby – move somewhere safer if you might fall asleep.

Keep pets away from the bed and do not have other children sharing the bed

Try to make sure or check that baby cannot be trapped, wedged or fall out of bed or get trapped between the mattress and the wall

Keep pillows and adult bedding away from baby

Follow the tips if you think you might fall asleep with your baby in the bed

