



## Use a firm, flat, and level sleep surface, covered only by a fitted sheet.

*Soft surfaces — like couches, sofas, memory foam, or fluffy blankets- can cause your baby's breathing to get cut off.*



### **You can keep your baby's sleep surface safe and baby's airway open by:**

- Placing your baby to sleep only on a mattress that comes with a safety-approved crib or bassinet.
- Avoiding inclined or tilted surfaces for sleep.
- Keeping comforters, quilts, pillows, and blankets out of baby's sleep area.
- Avoiding car seats and other sitting devices as a regular sleep area or for naps.
- Avoiding having your baby sleep with his or her siblings, other children, or pets.

Check your baby's position while sleeping in a car seat, stroller, carrier, or swing.

If baby sleeps too long with his or her chin touching the chest (slumped over), it could cut off baby's breathing.



**ALSO IN THIS SERIES:**  
Baby Behavior Sleep  
Breastfeeding  
Room Sharing  
Soft Objects  
Temperature

### **Let's Talk – Sleep Surface**

Firm, flat, level, and safety-approved surfaces are the safest space for your baby.

For content resources, visit: [dshs.texas.gov/SafeInfantSleep](https://dshs.texas.gov/SafeInfantSleep)

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### Family and Caregiver Common Questions

#### Isn't a firm surface with no pillows uncomfortable for my baby?

You might not think so, but your baby can sleep in a lot of different places and positions. They don't know the difference between a soft and firm surface like adults do. Following safe sleep guidelines is important for all babies up to one year old.

It is even more important when caring for babies younger than four months and those born too early (premature), as they are at higher risk of SIDS.

It is important to remember that adult beds that are placed near a wall or other furniture can cause baby to get stuck and cut off their breathing.

Adult beds that are soft, such as memory foam beds or water beds, can cause your baby to stay lying face down and can cut off your baby's breathing.

#### What's wrong with letting the baby sleep in a bouncer or car seat?

If your baby falls asleep in a car seat, stroller, swing, carrier, or sling, move the baby to a firm and level sleep surface as soon as possible.

Sleeping in bouncers or car seats for too long puts your baby at risk for slipping into a position that cuts off the airway.

Babies don't have the strength to move their heads when they get into this position which increases their risk of injury or death.

#### Who can I talk to if I cannot afford a safe sleep surface for my baby?

Ask your circle of support to refer you to an organization that can help you plan for or find a safe sleeping space for your baby.

If you are living with relatives or friends or moving from place to place, you may need a portable crib, bassinet, or play yard.

If you are staying in a housing shelter, share your safe sleep plan with shelter staff and ask to learn more about what options are available for your baby.



#### Let's Talk - Circle of Support

Continue to share safe infant sleep information with parents and caregivers throughout the first year to increase their use of safe sleep practices!

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