

Expecting a Baby?

Remember CPSC's "dos and don'ts" for baby sleep spaces



Many young babies cannot lift their heads to pull away from soft objects that can pose a **suffocation risk** such as bumpers, blankets, pillows, and sleep positioners. Also, seated or semi-reclined position can cause your baby's head to tip forward and their airway to be blocked.

Follow these simple tips to make every sleep a safe sleep:

DO:

- **Do use products intended for sleep** including cribs, bassinets, play yards and bedside sleepers that meet federal requirements
- Do remember– **Bare is Best**– nothing but a fitted sheet in a crib, bassinet or play yard
- **Do always place baby on their back**
- **Do move your baby to their crib, bassinet, play yard, or bedside sleeper if they fall asleep elsewhere**
- **Do check our website for recalls** ([SaferProducts.gov](https://www.SaferProducts.gov)) and **sign up** to receive recall notifications ([CPSC.gov](https://www.CPSC.gov))

DON'T:

- **Don't add pillows or blankets** to your baby's sleep space
- **Don't use weighted blankets or weighted swaddles***
- **Don't leave your baby unsupervised in products that aren't designed for safe sleeping.** *Inclined products with an angle greater than 10° – such as rockers, gliders, soothers, and swings – should never be used for infant sleep.*

*This guidance is based on information from the Centers for Disease Control and the National Institutes for Health. Please go to [CDC.gov](https://www.CDC.gov) and [NIH.gov](https://www.NIH.gov) for more information.

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United States
Consumer Product Safety Commission



For more information, visit
CPSC's Safe Sleep –
Cribs and Infant Products
Safety Education Center:
[cpsc.gov/safesleep](https://www.cpsc.gov/safesleep)



Report unsafe products:
[SaferProducts.gov](https://www.SaferProducts.gov)
(800) 638-2772
or (301) 595-7054 (TTY)



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