

Safe Sleep starts with ABC:

Alone, on their **B**ack and in a **C**rib

A– Alone

- **Keep the sleep space empty.**
Your baby should sleep alone.
No pillows, no blankets, no bumpers, no toys or other people.
- **Don't overheat your baby,**
avoid heavy clothing
and keep the temperature
in your room between
68 and 72 degrees.

B– Back

- **Always place your baby
on their back, on a firm,
flat mattress with
a fitted sheet.**

C– Crib

- Room share, but
give your baby a separate sleep space
like a crib or bassinet.
- **Never use incline products for sleep.**



United States
Consumer Product Safety Commission



**Learn more about
safe sleep for infants:**
cpsc.gov/safesleep