



Watch the video:  
[https://www.youtube.com/watch?v=T\\_c0sNMMJbY](https://www.youtube.com/watch?v=T_c0sNMMJbY)



Report unsafe products:  
**SaferProducts.gov (800) 638-2772**  
or **(301) 595-7054**  
(for deaf or hard of hearing individuals  
and/or individuals with speech and  
language disorders)

## Back to Basics

# Creating a Safe Sleep Space for Your Baby

### Tips:

1. *Back to Sleep:* Always place the baby to sleep on his/her back to reduce the risk of sudden unexpected infant death syndrome (SUID/SIDS) and suffocation.
2. *Bare is Best:* Always keep the baby's sleep space bare (fitted sheet only) to prevent suffocation. Do not use pillows, padded crib bumpers, quilts, or comforters.
3. Only place the baby to sleep in a product that is intended for sleep: crib, bassinet, bedside sleeper, or play yard.



United States  
**Consumer Product Safety Commission**

NSN-24-092021

CPSC.gov  
f i t v  
USCPSC

**NSN**  
NEIGHBORHOOD SAFETY NETWORK  
A PRODUCT OF THE U.S. CONSUMER PRODUCT SAFETY COMMISSION