



SAFER SLEEPING

Ensuring your baby sleeps safely is crucial in reducing the risk of Sudden Infant Death Syndrome (SIDS). By following simple guidelines such as placing your baby on their back to sleep, keeping their cot clear of loose bedding and toys, maintaining a smoke-free environment, and regulating room temperature, you can create a safer sleep environment. Breastfeeding and room-sharing for the first six months also contribute to safer sleep. For comprehensive advice, refer to The Lullaby Trust's guidelines

Key Tips for Safer Sleep

Back to Sleep

- Always place your baby on their back for naps and overnight sleep.

Clear Sleep Space

- Ensure the cot is free from toys, bumpers, and loose bedding.

Firm Mattress

- Use a firm, flat, and waterproof mattress without soft, cushioned surfaces.

Smoke-Free Environment

- Keep your baby's sleeping area smoke-free during pregnancy and after birth.

Room Temperature

- Maintain a comfortable room temperature between 16-20°C to avoid overheating.

Same Room

- Sleep your baby in the same room as you for at least the first six months.

Breastfeeding

- Breastfeeding reduces the risk of SIDS; aim to breastfeed for at least two months.

Avoid Overheating

- Dress your baby in lightweight clothing and avoid heavy blankets.

For more detailed advice, visit [The Lullaby Trust - Safer Sleep Advice](#).