Unintentional suffocation is the leading cause of injury-related death among children younger than 1 year.

Tips to create a Safe Sleep environment

- Place infants on their backs to sleep.
- Babies should sleep alone in their own safety-approved crib.
- Sharing your room is a safer option than having your baby sleep in bed with you.
- Remove all loose bedding, blankets, quilts, stuffed animals and pillows from sleeping area.
- Use a firm, tight-fitting mattress.
- Do not sleep in sitting devices such as couches or chairs.