# Safe Sleep – The Safe Sleep Seven

**The American Academy of Pediatrics states that the SAFEST place for your newborn to sleep is in their own safe sleep space, separate from your bed but in your room.**

**The AAP also acknowledges that even though most new mothers today don’t plan to bedshare, studies show that eventually 60 to 75 percent of them will, even if that means accidentally falling asleep while feeding.**

**For those who say they don’t need to prepare their bed for bedsharing because they’ll never, ever do it, think about car accidents. No one ever expects them to happen either.** But they do. That’s why we wear seat belts. A planned-ahead bed is just a seat belt.

**THE KEY POINTS FOR SAFE SLEEP FOR ALL BABIES**

**Stay smoke-free. Stay sober. Stay off sofas, upholstered chairs, and recliners for sleep. Keep your healthy baby lightly dressed, on his back, and near you for sleep. And, of course, keep breastfeeding.**

**If you and your baby fit the Safe Sleep Seven criteria, your baby’s risk of SIDS is what one sleep researcher calls vanishingly small. And you’ll virtually eliminate overlying and other suffocation risks.**

**THE SAFE SLEEP SEVEN**

If you are:  
1. A nonsmoker  
2. Sober and unimpaired  
3. A breastfeeding mother and your baby is:  
4. Healthy and full-term  
5. On his back  
6. Lightly dressed  
and you both are:  
7. On a safe surface

**THE SAFE SURFACE CHECKLIST**

**Avoid these possible smothering risks:**

* Sofas and recliners
* Softness or sagging that rolls your baby against you or keeps him from lifting his head free
* Spaces between mattress and headboard, side rails, or wall where a baby could get stuck
* Pets that could interfere

**Clear your space of:**

* Unused pillows
* Stuffed toys
* Heavy covers and comforters
* Anything nearby that dangles or tangles (such as cords, strings, scarves, ribbons, elastics)

**Check your space for possible hazards:**

* Distance to floor
* Landing surface
* Sharp, poking, or pinching place

**If you are formula feeding, the safest place for your baby to sleep is on their back in a crib or bassinet that meets the above safe surface criteria.**

