



# Every Sleep Must be a Safer Sleep

**Sleeping Environment** – The safest place for your baby to sleep is a separate cot or Moses basket in the same room as you for the first 6 months, even during the day. Keep the sleeping environment clear of toys, cot bumpers, pillows and any products marketed for babies to sleep with. Always seek advice from your Midwife or Health Visitor. Always take your baby out of the car seat when you are not traveling – the position carries potential risk and may inhibit breathing.

**Temperature** – It is important to make sure that your baby's room is a comfortable temperature – not too hot or too cold. The chance of SUDI\* is higher in babies who get too hot. Try to keep the room temperature between 16 -20°C. Remember to remove hats, blankets coats/snow suits when you move from cold environments to warm heated environments.

\*SUDI – Sudden Unexplained Death in Infancy

**Out of Routine** – If you're taking medication, consumed alcohol, taken any substances or away from home don't change your routine, stick to the safe sleep advice. Babies are at greater risk when any of these things have changed from the normal routine.

**Out of routine: A review of sudden unexpected death in infancy (SUDI) in families where the children are considered at risk of significant harm ([publishing.service.gov.uk](https://publishing.service.gov.uk))**

**Position** – Always put your baby on their back for every sleep, day and night, as the chance of SUDI is particularly high for babies who are sometimes placed on their front or side.

**#EverySleepMustBeASaferSleep / For more information and Safer Sleep advice contact – [The Lullaby Trust - Safer sleep for babies, Support for families](#)**

**STOP and THINK! Keep Your Baby Safer**