# Safe Sleep is Important

Nothing else in the crib

Firm mattress, tight fitting sheet

Do not overheat or overdress

Baby sleeps on his or her back

Baby sleeps in a crib

No smoking around baby

**A safe sleep environment can reduce the risk of sudden infant death syndrome (SIDS).**

## Keep babies safe every time they sleep.

**Get a safety-approved crib.**
For safety information from the U.S. Consumer Product Safety Commission: **www.CPSC.gov/safety-education**

Washington State Department of Health