

A close-up photograph of a young child with curly hair, sleeping peacefully on a patterned blanket. The child is wearing a light-colored, button-down shirt. The background features a repeating chevron pattern in shades of green and beige.

**SAFE SLEEP IS
AS EASY AS**

**ALONE.
BACK.
CRIB.**



If your baby needs a safe place to sleep, visit safesleep.isdh.in.gov.

Prevent suffocation and other sleep-related infant deaths by practicing safe sleep.

Babies sleep safest:

ALONE

Babies should sleep alone in their own sleep space, in the same room but on a separate surface from other people.

BACK

Babies should be placed on their back to sleep. Every nap. Every sleep. Every time.

CRIB

Babies should sleep in a crib or bassinet with a firm, flat surface, with no extra things such as bumpers, blankets or toys.

