

STAY CLOSE. SLEEP APART.


Reasons why sharing a sleep space is dangerous.


Why is sharing a sleep space dangerous?

When sharing a sleep space, a baby can be hurt by:

- Getting trapped by a bed's frame, headboard or footboard.
- Getting trapped within soft areas of a couch.
- Getting trapped between a bed or couch and the wall, furniture or other objects.
- Falling off the furniture.
- Being suffocated by soft objects such as pillows and blankets or from laying facedown.
- Having another person roll on top of him/her.

Sharing a sleep space is the leading cause of sleep-related infant deaths in Macomb County.

 1 in 3 sleep-related deaths involve an infant sharing a sleep space.

 3 in 4 sleep-related deaths occur in an unsafe sleep location.

 2 in 5 infants found unresponsive are not on their backs.



A safe sleep environment can reduce the risk of all sleep-related infant deaths.

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Tips to prevent sleep-related deaths.

What can parents do to reduce the risk of sleep-related deaths?

do's



- Follow the **ABC's** of Safe Sleep (Place your baby to sleep **A**lone, on their **B**ack, in their **C**rib).
- Get adequate prenatal care.
- Breastfeed which reduces the risk of sudden infant death by 50%.
- Immunize your baby which reduces the risk of sudden infant death by 50%.
- Be sure that everyone who cares for your baby knows how to place your baby down to sleep in a safe sleep environment.

don'ts



- Don't Share your bed, but instead share your room.
- Don't overheat your baby.
- Don't allow smoking around your baby.
- Don't drink or use drugs when caring for your baby.

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