

# Stay Close SLEEP APART

## WHY IS SHARING A SLEEP SPACE RISKY?

### The risk of injury or death is increased by:

- Possible strangulation with other objects in the sleep area.
- Getting trapped in a couch or between the wall and another piece of furniture.
- Falling off furniture.
- Being suffocated by soft objects, pillows, blankets or laying face down.
- Having another person roll on top of him/her.

### Sharing a sleep space is the leading cause of sleep-related infant deaths in Michigan



**3 in 5** sleep related deaths involve an infant sharing a sleep space.



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



**Half** of the infants found unresponsive were in an adult bed.



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



**Health and  
Community Services**  
Health Department



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## TIPS TO PREVENT SLEEP-RELATED DEATHS

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

- 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/feed expressed breastmilk 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 your baby's sleep area is free from objects especially blankets, pillows and other soft objects.

### Know the Risks

- Share the room but not the bed. Room sharing can reduce sleep related infant death by 50%.
- The risk of a sleep related infant death is 67 times higher when sleeping with your baby on a couch or in an armchair.
- The risk for sleep related infant death is 10 times higher when your baby shares a bed with someone under the influence of drugs or alcohol.



Learn More:

586-469-5520

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(Search Baby Resource Network)

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