

Safe Sleep for Newborns Checklist

Creating a safe sleep space for your newborn is one of the most important steps you can take to protect your baby's health. Follow this checklist to reduce the risk of Sudden Infant Death Syndrome (SIDS) and other sleep-related hazards.

Checklist Item	Why It Matters
Place baby on their back for every sleep	Back sleeping reduces the risk of SIDS.
Use a firm, flat mattress with a fitted sheet	Provides proper support and prevents suffocation.
Keep sleep space free of pillows, blankets, bumpers, toys	Eliminates suffocation and entrapment hazards.
Room-share without bed-sharing	Allows close monitoring while keeping baby safe.
Maintain room temperature of 68–72°F (20–22°C)	Prevents overheating, which can increase SIDS risk.
Use wearable blankets or sleep sacks	Keeps baby warm without loose blankets.
Keep cords, strings, and blinds away from crib	Prevents strangulation hazards.
Follow a consistent bedtime routine	Helps baby develop healthy sleep habits.

This checklist is for educational purposes only. Always follow your healthcare provider's guidance.