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# *Sleep Peacefully*

*knowing that your baby is sleeping safely.*

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**Here are 10 ways that you and others  
who care for your baby can reduce the risk of  
Sudden Infant Death Syndrome (SIDS):**

1. Always place your baby on his or her back to sleep, for naps and at night.
2. Place your baby on a firm sleep surface, such as on a safety-approved crib mattress, covered by a fitted sheet.
3. Keep soft objects, toys and loose bedding out of your baby's sleep area.
4. Do not allow smoking around your baby.
5. Keep your baby's sleep area close to, but separate from, where you and others sleep.
6. Use a clean, dry pacifier when placing your infant down to sleep.
7. Do not let your baby overheat during sleep.
8. Avoid products that claim to reduce the risk of SIDS because most have not been tested for effectiveness or safety.
9. Do not rely on home monitors to reduce the risk of SIDS.
10. Provide "tummy time" when your baby is awake to reduce the chance of flat spots developing on your baby's head.



This packet contains more detailed information about Safe Sleep.  
You can also visit [www.fortlauderdale.gov/fire-rescue/safesleep](http://www.fortlauderdale.gov/fire-rescue/safesleep).