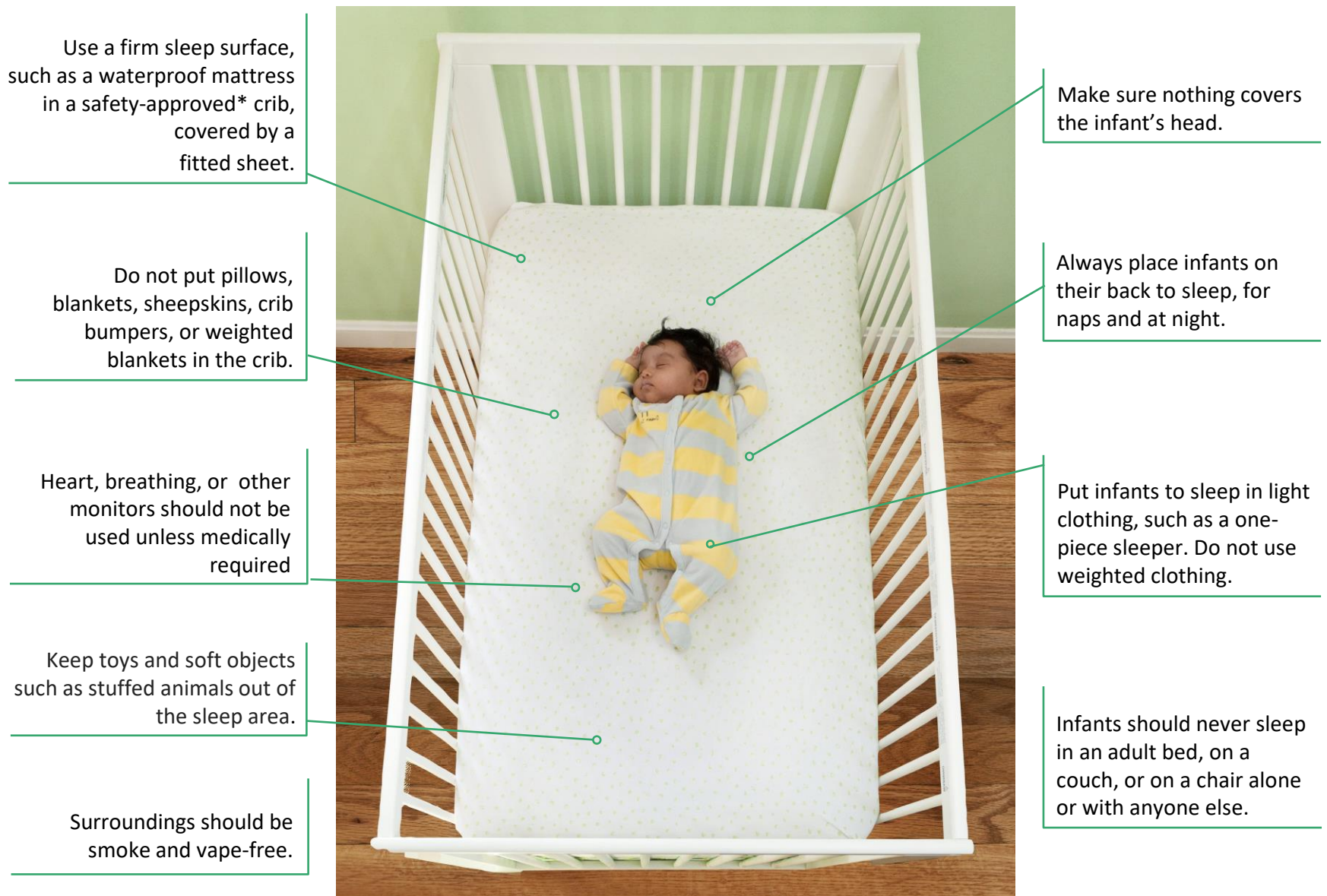


What does a safe sleep environment look like?

Revised December 2022

Reduce the risk of Sudden Infant Death Syndrome (SIDS) and other sleep-related causes of infant death



*For more information on crib safety guidelines, contact the Consumer Product Safety Commission at 1-800-638-2772 / www.cpsc.gov.

North Carolina Child Care Rules

"Infant" is any child from birth through 12 months of age.

- Caregivers must place infants on their backs for sleeping.
- Infants must have a written waiver for alternative sleep positions or to use a wedge.
- No pillows, wedges, positioners, pillow-like toys, blankets, toys, bumper pads, quilts, sheepskins, loose bedding, towels and washcloths, or other objects may be placed with a sleeping infant.
- Children may not be swaddled.
- Nothing may be placed over the head or face of an infant when he/she is laid down to sleep.
- Infants sleep alone in a crib, bassinet, mat, or cot.
- The temperature in the room where infants sleep must not exceed 75° Fahrenheit.
- Caregivers must visually check, in person, sleeping infants at least every 15 minutes, and document checks.
- Pacifiers that attach to infant clothing may not be used with sleeping infants.
- Infants are prohibited from sleeping in sitting devices including car safety seats, strollers, swings, and infant carriers. Infants that fall asleep in sitting devices must be moved to a crib, bassinet, mat, or cot.