

What does a safe sleep environment look like?

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

Use a firm sleep surface, such as a waterproof mattress in a safety-approved* crib, covered by a fitted sheet.

Do not put pillows, blankets, sheepskins, crib bumpers, or weighted blankets in the crib.

Heart, breathing, or other monitors should not be used unless medically required.

Keep toys and soft objects such as stuffed animals out of the sleep area.

Surroundings should be smoke and vape-free.



Make sure nothing covers the infant's head.

Always place infants on their back to sleep, for naps and at night.

Put infants to sleep in light clothing, such as a one-piece sleeper. Do not use weighted clothing.

Infants should never sleep in an adult bed, on a couch, or on a chair alone or with anyone else.

*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.