

# In what position should my baby sleep?

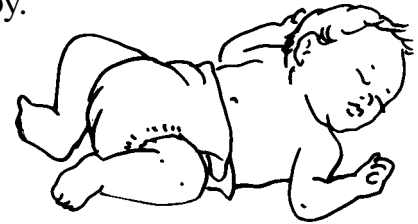


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Pg. 1 of 1

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You may have heard or read about Sudden Infant Death Syndrome (SIDS). It is also known as crib death. This is a very rare cause of death of babies in the United States. In crib death, a healthy baby dies in his sleep for no known reason. Doctors now tell parents to have their healthy babies sleep on their backs or sides. Sleeping on the back or side causes no harm to a healthy baby.

**Most healthy babies should sleep on their backs or sides until they are 6 months old. If your baby learns to roll over before he is 6 months old, then he can sleep in any position he likes best.**



There are some babies with special problems that should sleep on their stomachs. Babies who have problems with spitting up a lot, premature babies with breathing problems and babies with birth defects of the face or jaw should sleep on their stomachs. If you think your baby has one of these problems you should talk to your doctor or nurse about which sleeping position is best for your baby.

Some other things you can do which might help prevent crib death are to never smoke around your baby, and don't use pillows or soft bedding (such as water beds, soft mattresses or anything which may suffocate your baby). It is best to breast feed your baby.

Remember that crib death is very rare no matter in which position a baby sleeps. If you have questions, please ask your health care provider.