

MAKE A SAFE SLEEP PLAN

If you smoke, vape, drink alcohol, take medications, or use drugs, it is essential to make a safe sleep plan. Always place your baby in their own safe sleep space and ask for support when needed.



Back to sleep for every sleep



Use a firm, flat, safety-approved sleep space



Feed breast milk to reduce the risk of SIDS



Place baby in a bare crib



Use a pacifier to reduce the risk of SIDS



Avoid smoking, vaping, and impairment



Dress baby for the environment, swaddle safely, and no hats



Keep up with all medical visits and vaccines



Research baby products before buying



Practice observed Tummy Time



Spread the safe sleep message

Practice these 12 steps for the first 12 months

Safe Sleep Academy

Powered by Cribs for Kids®

Visit the Cribs for Kids Safe Sleep Academy to learn more about impairment & how to keep your baby sleeping safely.



WWW.SAFESLEEPACADEMY.ORG

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Helping every baby sleep safer



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Protecting Your Baby During Sleep

Exhaustion, Smoking, Drinking, and Drugs Increases the Risk of SIDS and Suffocation



IMPAIRMENT & SAFE SLEEP

Keeping your baby safe during sleep means more than just placing them on their back. Things like being tired, smoking, vaping, drinking alcohol, taking certain medications, or using drugs can increase your baby's risk of Sudden Infant Death Syndrome (SIDS) or accidental suffocation

Exhaustion & Lack of Sleep

Did you know that exhaustion is a form of impairment?

When you are extremely tired, it is easy to accidentally fall asleep in unsafe places. You may fall asleep while holding your baby or while feeding the baby in bed, which can increase the risk of suffocation or smothering, and infant falls.

Taking Medications

If you take medications that make you drowsy – even if prescribed by a doctor – it can be easier to fall asleep in unsafe places.

If you fall asleep in bed with your baby, the medication can affect how quickly you wake up or respond if your baby is in danger, such as being trapped under a blanket, pillow, or your body.

Make sure to speak to your doctor before starting or stopping any medication that may make you drowsy.

Smoking and Vaping

Smoking and vaping during pregnancy and around your baby harms their lungs and increases the risk of SIDS.

Keep your baby away from **secondhand** smoke and vapor.

Be sure to reduce your baby's exposure to **thirdhand** smoke that lays on surfaces and fabrics such as in clothing, carpeting, and crib sheets.

Exposure to passive smoke in the house doubles the risk of SIDS.



What is my baby breathing from my cigarette or vape?

Nicotine - Addictive substance from tobacco

Formaldehyde - Used in embalming fluid

Acrolein - Found in weed killer

Benzene - Found in gasoline

Toluene - Found in paint thinner

Heavy Metals - Found in smoke or leached from vape coils

Where do the chemicals come from?

Cigarettes - Produced by burning the tobacco and additives.

Vapes - Produced when the liquid is heated, especially at high temperatures.

While vapes may contain fewer chemicals than cigarettes, they are NOT safer to use around your baby.

Drinking Beer, Wine, or Liquor

Drinking too much alcohol during pregnancy or while caring for your baby increases the risk of sleep-related death.

Alcohol affects a baby's developing brain and can make it harder for them to wake up if they're having trouble breathing.

If you're drunk and fall asleep with your baby in bed, alcohol can make it harder for you to notice when your baby is in danger – if they're trapped under a blanket, pillow, or your body – and harder for you to wake up in time to help.

Using Drugs

Using drugs like heroin, marijuana, THC vape pens, and methamphetamines raises the risk of SIDS and sleep-related infant deaths. These drugs can affect the baby's breathing and make it more likely for them to have trouble breathing during sleep.

IF YOU PLAN TO DRINK OR USE DRUGS REMEMBER...

Make sure your baby sleeps in their own safe sleep space and never sleeps with you in an adult bed, on a couch, or chair.

Try to have another sober adult available to care for your baby and respond to their needs.

If no one is available to stay with you, let someone know you are using and that the baby is with you.