



safe sleep EVERY SLEEP

In South Dakota, from 2018-2022:

25%

of infant deaths were related to **sleep** or an **unsafe sleep environment***

*Unsafe sleep environment, such as an adult bed, couch, chair, car seat, swing, rock 'n play, or unsafe crib.

66%

of these **sleep-related deaths** occurred while baby was **sharing a sleep surface*** with an adult and/or child

*Sleep surfaces such as an adult bed, futon, couch, or chair.

84%

of these **sleep-related deaths** were **potentially preventable**

Share a room, NOT a bed.

Every infant in South Dakota should have a safe place to sleep.

If your family is unable to afford an approved crib, contact the South Dakota Department of Health at **1-800-305-3064**.

4 TIPS

FOR PARENTS AND
CAREGIVERS TO HELP
BABY SLEEP SAFELY



1



Place your baby on his or her back for all sleep times - naps and at night.

2



Use a firm sleep surface, such as a mattress in a safety approved crib.

3



Keep soft bedding such as blankets, pillows, bumper pads, and soft toys out of baby's sleep area.

4



Have baby share your room, **NOT** your bed.

for baby's sake

