

2-minute Briefing for safe sleep information and advice to give to families.

Safe sleep

The Lullaby Trust provides guidance to families and practitioners about the how to reduce the risk of Sudden infant death (SIDS), using the best available evidence at that time. We do not know the causes of SIDS, but it is important to remember, every sleep needs to be a safer sleep – whether baby is sleeping at night, or during the day, at home or away from home. It is essential that we are all providing the same information and research about safe sleep to avoid confusing parents and families.

[The Lullaby Trust - Safer sleep for babies, Support for families](#)

A baby should always be placed on their back to sleep and not on their front or side. Sleeping the baby on their back for every sleep day and night is one of the most protective actions a parent/carer can take to ensure their baby is sleeping as safely as possible.

Babies should be placed on their back in the 'feet to foot' position (i.e., placing the baby's feet to the foot of the cot to avoid them wriggling down under the covers). Do not cover a baby's face or head while sleeping or use loose bedding.

There is substantial evidence from around the world to show that sleeping a baby on their back at the beginning of every sleep or nap (day and night) significantly reduces the risk of sudden infant death syndrome (SIDS).

Use a firm, flat, waterproof mattress in good condition. If baby is asleep in a car seat or pushchair, they should be moved to a firm, flat surface.

Ensure the sleep space is kept clear of all items and nothing is within easy reach eg.no pillows, duvets, cot bumpers, blind cords, toys

It is advisable to place a baby to sleep in a cot or Moses basket in the same room as the parent/carer for the first 6 months, day and night.

A room temperature of 16–20°C is recommended to avoid a baby getting too hot.

Breastfeeding is a protective factor.

Finally keep them SMOKE FREE day and night.

Ensure you are aware of the policies and guidance specific to your own role.

Also the LSCP Safer sleep for infants guidance: [Safer Sleep for Infants Guidance \(proceduresonline.com\)](#)

Other useful resources:

[Basis \(Baby sleep info source\)](#)

[UNICEF UK Baby Friendly Initiative – Co-Sleeping And SIDS: A guide to health professionals](#)

[NICE Postnatal care \(Quality standard QS37\) – Quality statement 4: infant health – safer infant sleeping](#)

[Institute of Health Visiting: Safer Sleep for your Baby](#)

Developed and shared by Children's Health Team, for all staff in Children's Services.

Date 13/05/2022.