



A MINUTE OF HEALTH WITH CDC

Sleep Soundly and Safely

Suffocation Deaths Associated with Use of Infant Sleep Positioners – United States, 1997-2011

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This program is presented by the Centers for Disease Control and Prevention.

Sleeping babies appear so peaceful and secure in their cribs, but if not positioned properly, they could be in danger. Suffocation is the leading cause of injury death among infants younger than one year old, and many of these deaths have been linked to unsafe sleep environments.

In the past, babies have been placed in various sleeping positions, including on their side or stomach or between cushions or pillows. While sharing a room with parents is helpful for feeding and comforting, it's not safe for babies to sleep with their parents. Use the ABCs to put your baby to bed. Your baby is safest *alone*, on his *back*, in a bare *crib*.

Thank you for joining us on *A Minute of Health with CDC*.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.