



Safe sleep for babies



Put me to sleep on my back – this prevents SIDS



I prefer to sleep in my own bed next to the parent bed

- Then I can feel your presence without sharing the bed
- I will have as few items as possible in my bed, neither any pillows, that could obstruct my breathing or cause me to overheat

I do not like to be too warm

- I like it airy and not too hot when I sleep, around 18 degrees Celsius is ok
- Feel my neck to find out if I am too warm or clammy
- I do not need any hat inside

I can share a bed with my parents if:

- You and your partner do not smoke
- You are ill, have been drinking alcohol, or been using other drugs or sedatives
- The parent bed is wide and the mattress firm. This is to ensure that the baby has plenty of room, and cannot fall out of the bed or roll over and wedged into the mattress
- I am not born prematurely
- I have a separate duvet which is small and lightweight
- You do not co-sleep on a sofa or in an armchair



Other important advice is:

- Do not smoke during pregnancy or around the baby after it is born
- Avoid covering pram openings with blankets
- The baby may use a pacifier when put to sleep. You should wait until breastfeeding is well established
- Breastfeeding is beneficial for a baby's health



Information in other languages

If you have any questions about snus (snuff), obesity, baby nest with more, you can read more about reducing the risk of SIDS (cot death) at lub.no.

Also watch film and read information in English, Polish, Spanish, Lithuanian, Ukrainian, Urdu, Arabic, Somali and Tigrinya.

