

Sleeping on the back prevents cot death



Other important advices are:

- Do not smoke during pregnancy or around the baby after it is born
- Put the baby to sleep in a separate bed in the same room as you. If you choose to co-sleep, ensure it is as safe as possible
- Make sure the baby is not too warm
- Do not cover baby's pram and buggy with blankets, cloths or any cover that prevents the air circulating
- Let the child use a pacifier when put to sleep. It is advised to wait until breastfeeding is well established.
- Breastfeeding has been shown to reduce the risk of cot death

The infant sleep environment is important for the child's health and well-being

The brochure "Safe sleep for babies" is published by Landsforeningen uventet barnedød (LUB) / Norwegian SIDS and Stillbirth Society.

If you have any questions regarding snus, overweight, prematurity, baby nest with more, you can read more about the prevention of cot death/sudden infant death syndrome (SIDS) on lub.no.

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NORWEGIAN SIDS AND STILLBIRTH SOCIETY

Safe sleep for babies



This side up when I sleep

I sleep safest on my back



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

- ♥ then I can feel your presence without sharing the bed
- ♥ I do not want any pillows, sheets, blankets or any other items in the bed that could obstruct my breathing or cause me to overheat. The safest bed is a clear bed.

I do not like to be too warm

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

I can share a bed with mum and dad if

- ♥ you and your partner do not smoke
- ♥ you have not drunk alcohol or taken drugs (including medications that may make you drowsy)
- ♥ the parent bed is big so I have enough space, and the mattress is firm and clean. Make sure it's not possible to roll out of bed or fall into a crack between the mattresses
- ♥ I have a separate duvet which is small and light
- ♥ you do not co-sleep on a sofa or in a chair