

# Babies sleep safest Alone, on their Back, in a Crib.

Prevent suffocation and other sleep-related infant deaths by practicing safe sleep.



## ALONE

Babies should sleep alone in their own sleep space, in the same room but on a separate surface from other people.



## BACK

Babies should be placed on their back to sleep.  
Every nap. Every sleep. Every time.



## CRIB

Babies should sleep in a crib or bassinet with a firm, flat surface, with no extra things such as bumpers, blankets or toys.





Safe sleep is as easy as



**ALONE. BACK. CRIB.**

If your baby needs a safe place to sleep, visit  
[safesleep.isdh.in.gov](https://safesleep.isdh.in.gov)