



# Sleep Safe ND

**ALONE • BACK • CRIB**  
FOR EVERY SLEEP

*Did you know that Sudden Infant Death Syndrome, or SIDS, is the leading cause of infant death for babies one month to one year old? Here are some things you can do to help reduce my risk.*

Breastmilk helps make me healthy and strong.



Clean smoke-free air is what I need to stay healthy and safe.

Help keep me safe by not smoking, drinking alcohol, or using drugs before I am born and while caring for me.



I sleep safely alone in my crib on a firm mattress.



Share a room, not a bed.

The safest way for me to sleep is on my back.



Light sleep clothing, like a sleep sack, helps me to sleep comfortably without overheating.



NORTH DAKOTA  
**INFANT AND CHILD DEATH**  
SERVICES



NORTH DAKOTA  
DEPARTMENT of HEALTH

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