



The Top 5 Recommendations for Safer Bedsharing

If you're thinking of bedsharing, make sure to follow these guidelines:

- 1. Safe sleep environments are firm, flat surfaces.**
 - ▶ No sofas, armchairs, or pillows.
- 2. Safe sleep is substance-free.**
 - ▶ This includes alcohol, drugs, or medicines which increase drowsiness.
- 3. Safe sleep is supine.**
 - ▶ Baby is always on their back.
- 4. Safe sleep is smokeless.**
 - ▶ This includes away from people, clothing, and objects exposed to smoke.
- 5. Safe sleep is spacious.**
 - ▶ Beds should be away from walls or other furniture to ensure baby doesn't get wedged between the objects.

Safe sleep is up to you.

To get more tips on safe bedsharing,
visit hmhb-mt.org.



Healthy Mothers,
Healthy Babies
The Montana Coalition

Safe Sleep:
Learn ♦ Plan ♦ Provide

