



How to Spot Safe Sleeping Products

Just because a product says it helps with safe sleep doesn't mean it's true. Most product descriptions are written by the company's marketing department, not a doctor. Determining which products truly are safe can be confusing.

Here are some guidelines to use when looking for sleep products for baby.

- **Is it flat?**
A safe sleep environment should always be flat. Babies should not sleep in a reclining position.
- **Is it firm?**
Since babies don't have the strength to roll over, the surface should be firm enough that they don't sink into it and risk suffocation.
- **Are there loose parts to it or does it have a buckle?**
There should be no buckles, dangling parts, strings, or loose attachments.
- **Does everything fit together tightly?**
Slats on cribs should be no more than 2 ³/₈ inches apart (no wider than a soda can), sheets should be tight, and the mattress should not leave any space between the edges.
- **Does it say it promotes safe sleep?**
Remember there are no regulations or endorsements for safe sleep products. Just because the company claims it's safe, does not make their claim true.

For more tips on being a smart consumer with products for safe sleep, visit hmhb-mt.org.



Healthy Mothers,
Healthy Babies
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