**Safe sleep for babies**

**Sleeping on the back prevents cot death**

- 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.

LUB has made this brochure in collaboration with the Norwegian Resource Centre for Breastfeeding at Oslo University Hospital (Rikshospitalet) and the Norwegian Directorate of Health. October 2017, 6. Season. Illustration: Smaapigerne.
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

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

I sleep safest on my back