



Safe Sleep Environments for Children

Children's Memorial Hermann Hospital pledges to promote a safe sleep environment for your child during his or her hospital stay. While we understand the desire to hold our children close when they are sick and in an unfamiliar place, it is the hospital's safety policy that all children under the age of 3 years old sleep alone in a crib. This allows the health-care team to monitor your child's medical condition more efficiently and also provides him or her with the safest sleep environment.

According to the American Academy of Pediatrics, when an adult sleeps in the same bed as a child, it places the child at risk for entrapment, suffocation, strangulation and even death. The risk of injury and death is even greater when an adult shares a smaller sleeping area, such as a chair or couch, with a child.¹

Infants under 12 months old are at the highest risk for sudden and unexpected sleep-related deaths. We model the practice of safe sleep environments to encourage you to provide your child with a similar environment at home.

Below is a list of recommendations provided by the American Academy of Pediatrics to reduce the risk of sudden and unexpected sleep-related deaths in infants:

- Place your infant on his or her back to sleep for every sleep.
- Use a firm mattress covered by a fitted sheet in your infant's crib or bassinet.
- Practice room-sharing without bed-sharing. Have your infant sleep in a bassinet or crib next to your own bed.
- Keep your infant's crib free of loose or heavy bedding and soft objects, such as stuffed animals and pillows.
- Consider offering your infant a pacifier for nap time and at bedtime.
- Avoid overheating and overbundling your infant.
- Do not smoke or allow others to smoke around your infant.
- Consider breastfeeding your infant for his or her first six months.

We ask for your understanding and assistance in carrying out our pledge to provide every child at Children's Memorial Hermann Hospital with the safest sleep environment possible.

1. American Academy of Pediatrics. (2011). SIDS and other sleep-related infant deaths: Expansion of recommendations for a safe infant sleeping environment. *Pediatrics*, 128(5), 1030-1039.



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