

# Help Your Baby Sleep Safer

Reduce the Risk of Sleep-Related Causes of Death by Creating a Safe Sleep Place for Your Baby

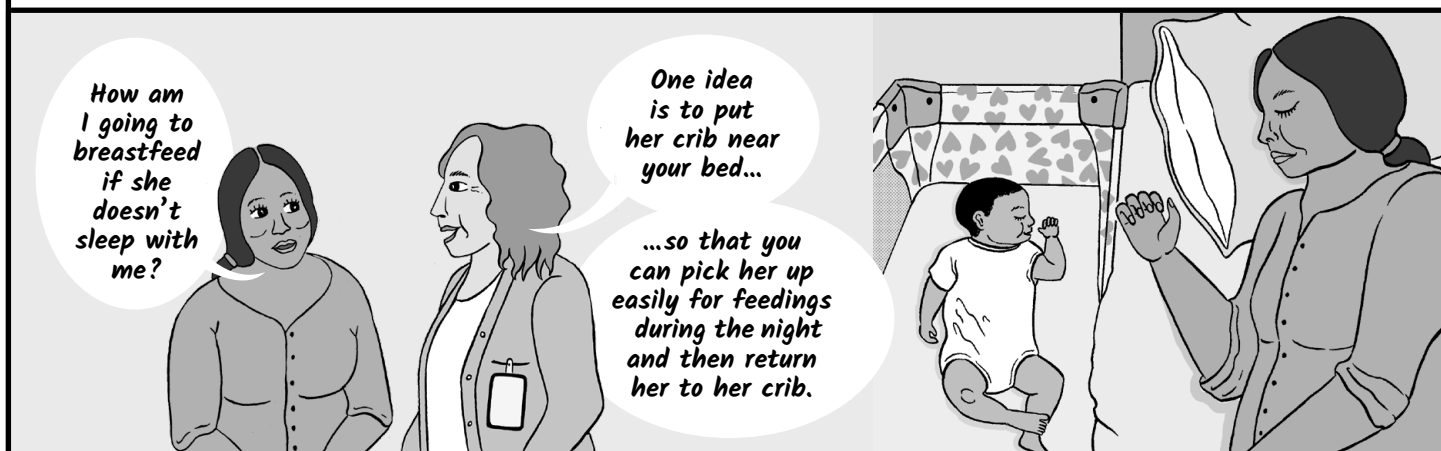
**PLACE YOUR BABY ON THEIR BACK FOR ALL SLEEP TIMES - NAPS AND AT NIGHT**



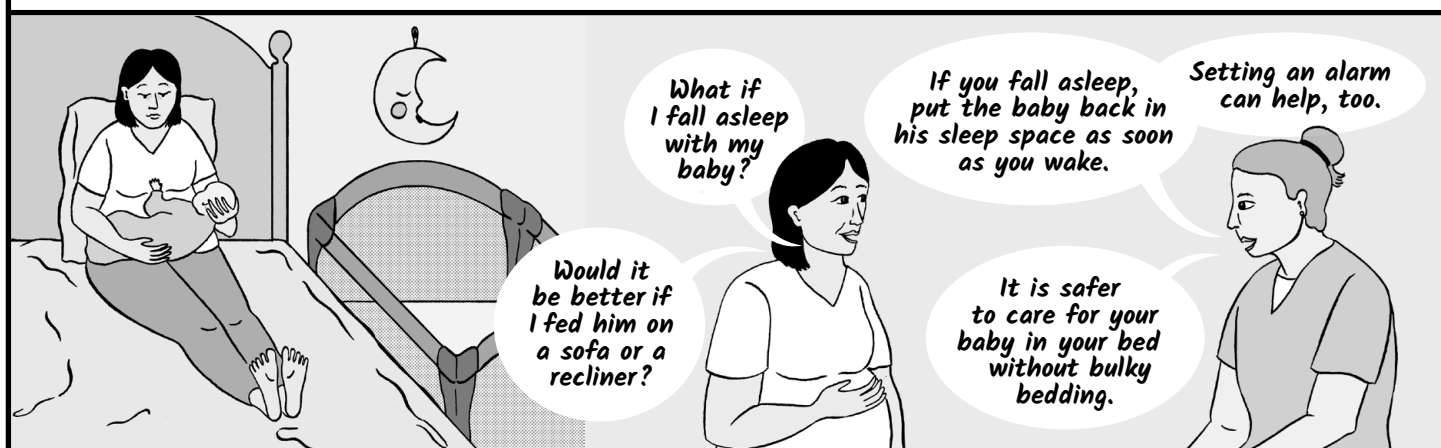
**BABIES SHOULD SLEEP ON A FIRM MATTRESS IN A CRIB WITHOUT BLANKETS & TOYS**



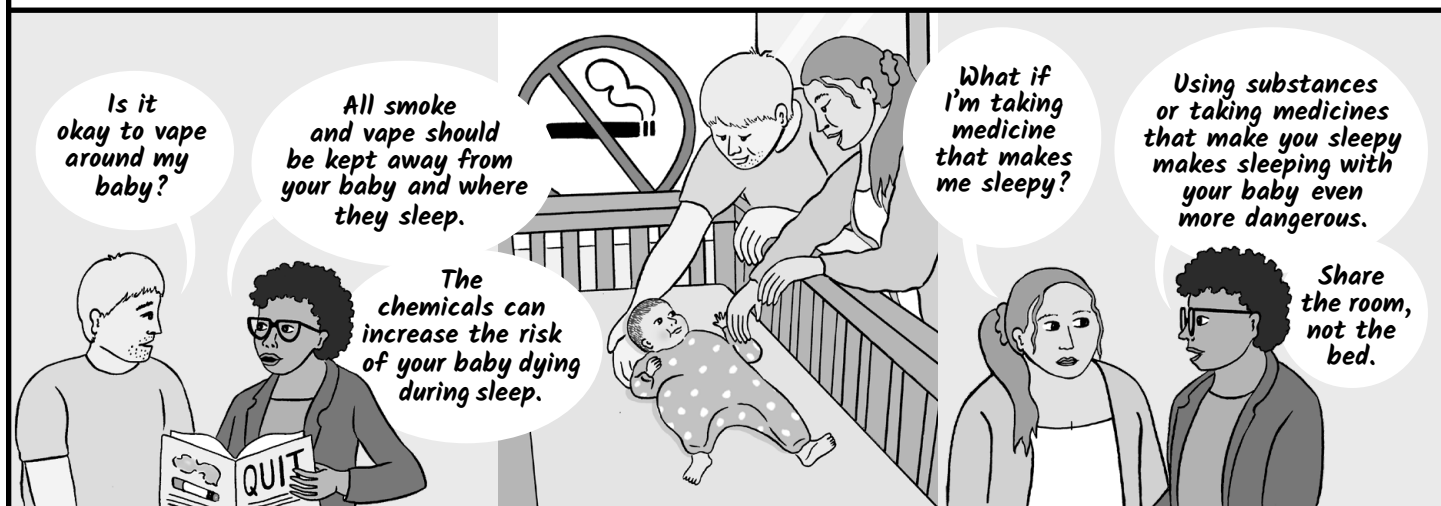
**IT IS NOT RECOMMENDED TO SLEEP WITH YOUR BABY- SHARE THE ROOM, NOT THE BED**



**SOFAS & RECLINERS ARE NOT A SAFE PLACE TO CARE FOR YOUR BABY WHEN YOU'RE SLEEPY**



**PROTECT YOUR BABY FROM SMOKE & VAPE**



Need help quitting tobacco? Contact [QuitlineNC.com](http://QuitlineNC.com) or 1-800-QUIT-NOW  
Need help with substance use? Contact [AlcoholDrugHelp.org](http://AlcoholDrugHelp.org) or 1-800-688-4232.