

## How can I ensure that my baby sleeps safely and well?

### Advice to reduce the risks of Sudden Infant Death Syndrome.

5 rules for safe sleeping for your baby:

1. Place your baby to sleep on its back.
2. Avoid smoking during pregnancy and protect your baby from passive smoke exposure.
3. Let your baby sleep in its own bed in the parents' bedroom.
4. Provide a healthy sleeping environment:
  - Room temperature not more than 17° – 18° C,
  - firm mattress, no pillow,
  - use a sleeping bag rather than a quilt, blanket or sheet.
5. Breastfeed your baby as long as possible!