



# Jackson County Health Department

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*Creating Healthy Communities*



## **FOR IMMEDIATE RELEASE**

### **October is Infant Safe Sleep Awareness Month**

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Governor Gretchen Whitmer has proclaimed October “Infant Safe Sleep Awareness Month.” Infant sleep deaths remain a leading cause of infant death in the United States of America. In Michigan, a baby dies every 3 days due to an unsafe sleep environment. Since 2016, Jackson County has had 15 babies pass away due to unsafe sleep. These deaths are typically preventable.

Tips for a safe sleep environment:

- Place baby alone, on their back, in a crib, bassinet, or pack’n’play for every sleep time.
- Use a firm mattress with a tightly fitted sheet.
- Keep baby’s sleep space clutter free – no pillows, blankets, bumper pads, or toys.
- Keep baby’s sleep space where you can see and hear them. Share your room, not your bed.
- Avoid covering baby’s head or overheating. Instead of a blanket, consider using a sleep sack, wearable blanket or footed sleeper to keep baby warm. Weighted blankets/sleepers/swaddles should not be used.
- Breastfeed, if able.
- Stop swaddling the baby when they exhibit signs of attempting to roll (typically occurs around 3-4 months, but may occur earlier).
- Remind everyone who cares for your baby how to keep baby safe while sleeping.

If you, or someone you know, are struggling to provide a safe sleep environment for a child who is less than 1 year old, please reach out to the Jackson County Health Department at (517) 768-1672.