

***Sleep me right – Sleep me safe – Every sleep!***

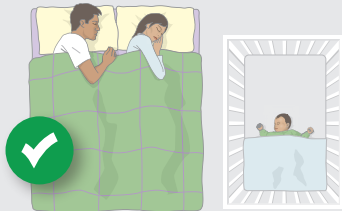


**Sleep me safe:**

- ✓ on my back
- ✓ head and face clear
- ✓ smoke free

Name:		
Date of birth:	Time of birth:	Sex:
Birth weight:	Length:	Head circumference:

## Why it is important to Sleep me right – Sleep me safe – Every sleep



**I need you to make sure I can breathe safely. Make sure every time I sleep, I am:**

- **On my back with my face up**

I am designed to sleep face up (on my back). My wake-up (arousal) response works best in this position. It reminds me to breathe. You may worry I will choke when I sleep on my back, but my gag and swallow reflexes protect my airway.

- **With my head and face clear**

I move in my sleep. You need to make sure my cot is clear of things that could smother me, like hats, toys, bumpers and pillows.

- **In my own safe place to sleep (cot)**

I am not safe if I am put to sleep on an adult bed, couch or bean bag, I may roll or get wedged into a gap and smother or someone could roll on me.

- **In a smoke free environment**

I need clean air to breathe. Smoke makes it harder for me to breathe, even smoke on your clothes after a cigarette.

*For more information about safely sleeping your baby, visit the Healthdirect website – [www.healthdirect.gov.au](http://www.healthdirect.gov.au)*