



Healthy Sleeping for Babies

The most important information at a glance



What is good for your baby:

- + Lying on its back
- + Having its own bed in its parents' bedroom
- + Sleeping in a sleeping bag
- + Having its head, face, arms and neck free
- + Sleeping on a firm, air permeable mattress
- + Sleeping with a dummy
- + A temperature of 16-18 °C in the bedroom
- + Breast-feeding for 5-6 months
- + Lying alternately at the head and foot of the mattress (avoids preferred position)



What is not good for your baby:

- Sleeping on its side or on its front
- Sleeping in its parents' bed
- Overheating
- Duvets, pillows, cot bumpers
- Smoking during pregnancy
- Smoking in the home

