



safe sleep hawai'i

Choose Safe Sleep
Every Nap, Every Night



Keeping your baby safe while they sleep is as easy as 1, 2, 3!

1. Back to Sleep

- Always place your baby on their back for every nap and night (pacifiers are okay)

2. Firm, Flat Surface

- Use a crib, play yard or bassinet with a firm, flat, tightly-sheeted mattress
- Avoid inclines, loungers, cushioned surfaces, couches and adult beds

3. Own Space Near You (Room Share, Not Bed Share)

- Baby sleeps in their own safe space next to your bed in a safely dressed, empty crib
- No smoking, vaping or substance use nearby

Resources:

- health.hawaii.gov/safesleep
- parentline.org
- hmhb-hawaii.org

