

# Baby Sleep Safety

## Why shouldn't babies be left to sleep in a car seat, baby swing or in other semi-reclined surfaces such as a Rock n' Play™?

- Inclined sleepers allow babies to sleep at an angle, violating the American Academy of Pediatrics' safe-sleep guidelines that says babies should sleep on flat surfaces.
- Semi-reclined sleep positions can block baby's airway, restrict breathing and increase the risk of SIDS.
- Car seats are designed to protect children **in the car**. They are not made to be used as an additional bed for the child. In a car, the baby is seated at an angle, but if the car seat is sitting on a floor or table, the baby is not at the correct angle which could restrict the baby's breathing.

- ◆ Car seats save lives in the car.
- ◆ Car seats should not be used as a replacement for a crib.
- ◆ Remove a sleeping baby from the car seat when arriving at a destination.



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