

## Safe Sleep Environment Screening

**Caregivers should ensure that their infant (Check all that apply):**

- Is placed to sleep on his/her back;
- Sleeps on a separate surface that is firm and flat (this includes a crib or bassinet);
- Sleeps in the same room and in close proximity to the caregiver;
- Sleeps on a mattress that is covered with only a sheet that fits tightly and contains no other bedding;
- Is placed in a garment such as a sleepers or sleep sack to ensure the infant's head and face do not get covered by a blanket;
- Is in an empty sleep environment that is free of bumper pads, quilts, blankets, toys, etc.;
- Sleeps in a room that is kept between 68 and 72 degrees;
- Is never allowed to sleep on a couch, chair, water bed, or other soft surface, either alone or with anyone else;
- Is never put to sleep with heavy blankets, pillows, or comforters since they could cover the infant's head and face;
- Is not over bundled;
- Is never allowed to sleep with another child; and
- Is never allowed to sleep where a pet also sleeps or may enter the environment.

**For families who choose to share their bed with an infant even after knowing the above information, the following scenarios pose the most risk to an infant's sleeping environment. Check all that apply.**

- Sleeping with an infant if the caregivers or others in the household smoke;
- Sleeping with an infant if the caregiver is under the influence of drugs, alcohol, or other medications that can cause sleepiness;
- Sleeping with an infant if the caregiver is excessively tired;
- Sleeping with an infant younger than three months old;
- Sleeping with an infant if the caregiver is obese;
- Allowing an infant to sleep with another child; and
- Allowing an infant to sleep where a pet also sleeps or may enter the sleep environment.

Commonwealth of Pennsylvania; Department of Public Welfare. (2008) Special Transmittal: Safe Sleep Environment Recommendations for Infants One Year of Age and Younger. Harrisburg, PA.