



American Academy of Sleep Medicine

Health Advisory: Infant Sleep Environment

Healthy sleep plays an important role in an infant's growth and development, and parents can promote healthy sleep by creating a safe and quiet sleep environment for their child. An infant should be put to sleep on his or her back on a firm and flat surface covered with a fitted sheet such as a crib mattress, bassinet or play pen that meets the safety standards of the U.S. Consumer Product Safety Commission. Additional sheets and soft blankets, crib bumpers, stuffed animals and toys should be kept out of the infant's sleep area. The room in which an infant sleeps should be quiet with no loud or continuous noise.

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The American Academy of Sleep Medicine (AASM) is a professional membership society that improves sleep health and promotes high quality patient centered care through advocacy, education, strategic research, and practice standards (www.aasmnet.org).

A searchable directory of AASM accredited member sleep centers is available at www.sleepeducation.org.