



# Safe Sleep 365

Unsafe sleep is the leading cause of non-natural infant death in Virginia.

About **3,400** babies in the United States die suddenly and unexpectedly each year.

Sudden Unexpected Infant Death (SUID) includes Sudden Infant Death Syndrome (SIDS), accidental suffocation, and other deaths from unknown causes. A baby's sleep environment -- where and how they sleep and what is around them -- plays a key role in minimizing risk of SUID and SIDS.



You AND others who care for your baby can help minimize the risk of sleep-related infant deaths by following these safety precautions (*the "three A's"*) every time your infant is placed to sleep:

## The Three A's



### ALONE

...on his/her back, on a firm surface, in the same room as you, but in his/her own crib or bassinet



### APART

...from other people, objects, toys, pillows, blankets, smoke and substances



### ALWAYS

...during every sleep time and practiced by every caregiver



**We all have an important role to play in keeping Virginia's children safe.**

Let's work together to bring greater awareness to safe sleep practices and ensure infants have a safe and healthy start in life.

Learn more by visiting the sites below:

Safe Sleep 365:  
[dss.virginia.gov/safe\\_sleep](https://dss.virginia.gov/safe_sleep)

CDC SUIDS/SIDS information:  
[cdc.gov/sids/index.htm](https://cdc.gov/sids/index.htm)

VDH Safe Sleep Virginia:  
[vdh.virginia.gov/safe-sleep](https://vdh.virginia.gov/safe-sleep)