

# Safe Sleep For Your Baby

No Toys  
in Crib

Do Not  
Smoke

No Bumper  
Pads or Pillows  
in Crib

Put Baby  
to Sleep  
in Crib

Use a Tight  
Fitting Sheet

Put Baby  
on Back  
to Sleep

Do not  
Overheat or  
Overdress

Baby Should  
Sleep on a Firm  
Mattress

**Remember the ABC's of Safe Sleep:**  
Babies should sleep **A**lone, on their **B**ack, and in a **C**rib.

Tennessee Department of Health  
[Safesleep.tn.gov](http://Safesleep.tn.gov)

Cumberland  
Medical Center  
**Covenant**  
HEALTH