

Nearly 1 in 6 infant deaths in Tulsa County are linked to an unsafe sleep environment.

*According to 2017-2019 Tulsa County resident cases reviewed by the Tulsa Fetal and Infant Mortality Review (TFIMR) Project. TFIMR data is not intended for general population rates but provides data on the causes and preventability of fetal and infant loss*



**The safest way I  
can sleep is alone  
and on my back**



# Safe sleep checklist

- Share your room with your baby, not your bed. Your baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.
- Keep soft objects, such as pillows, bumper pads, soft toys and loose bedding, out of your baby's sleep area.
- Always place babies on their backs when putting them to sleep for naps and at night.
- Don't allow your baby to sleep in a swing. If your baby falls asleep in a car seat or infant carrier, they should be moved to a firm sleep surface as soon as possible.
- The risk of death is even greater when a baby shares a bed with a smoker. Avoid baby's exposure to smoke, alcohol and illicit drugs.