# Safe Sleep: Information for Parents

Sudden infant death syndrome (SIDS) is the sudden, unexplained death of a baby younger than 1 year who doesn’t have a known cause of death, even after a complete investigation by healthcare professionals, law enforcement personnel, and the community. SIDS is the leading cause of death among babies between 1 month and 1 year of age. Most SIDS deaths occur in babies between 1 month and 4 months of age, and the majority (90%) of SIDS deaths occur before a baby reaches 6 months of age. The Safe to Sleep® campaign, formerly known as the Back to Sleep campaign, focuses on actions you and others can take to help your baby sleep safely and to reduceyour baby’s risk of SIDS and other sleep-related causes of infant death.

Learning about SIDS and safe sleep for babies is important for all caregivers—not just parents. Grandparents, aunts, uncles, babysitters, child care providers, and anyone else who might care for babies should learn more. Simple actions can make a big difference.

**What Does a Safe Sleep Environment Look Like?**

You can reduce your baby’s risk of SIDS and other sleep- related causes of infant death in the following ways.

