



SLEEP ADVICE FOR INFANTS

It is important to continue to follow safe sleeping advice during the winter months. While it can be tempting to wrap babies up, especially if you are concerned about putting the heating on, you should always remember that overheating babies increases the chances of SIDS. Research shows that cooler temperatures are better.

The Lullaby Trust is the go-to organisation for all things infant sleep safety related. You can find the website at www.lullabytrust.org.uk

Here are some of the tips it advises you follow this winter:

- When using blankets or sheets use layers rather than thicker options
- Duvets should not be used for babies under 12 months
- Sheets and blankets need to be tucked in no higher than the shoulder
- Do not use hats or outdoor clothing indoors, your baby may overheat
- Do not use cot bumpers to try to make the cot cosier, there have been a number of accidents reported
- Babies should not be placed near a heat source such as a radiator as they cannot regulate their body temperature
- Hot water bottles can make your baby too hot and are best avoided
- Do not add extra blankets on top of baby sleeping bags, instead adjust the tog used
- When bed sharing use a baby sleeping bag rather than loose sheets or adult bedding
- Avoid letting pets or other children share the bed with your baby
- Check your babies temperature by touching their chest/back of their neck. If they feel clammy or sweaty it means they are too hot and you should reduce layers