

Create a safer sleep environment for baby night and day

You can help reduce the risk of SIDS and other sleep-related causes of infant death by creating a safe sleep environment for your baby.

- **An Australian Standards compliant cot is the safest place for baby to sleep. All new cots purchased in Australia are required to meet Australian Standard (AS2172). Be cautious about buying and using second hand cots as they may not meet the strict Australian Safety Standard.**
- **The cot needs to have a firm mattress that is flat and fits well inside the cot - no gaps greater than 2cm when the mattress is pushed to any side or end.**
- **There should be nothing soft in the cot - no pillows, bumpers, quilts or toys.**
- **The cot should be placed well away from blind and curtain cords. These cords have been associated with strangulation deaths.**
- **Baby should sleep in their own cot and in the same room as the parent or caregiver for the first 6-12months.**
- **Do not place baby to sleep in a beanbag, carseat, bouncer, rocker, hammock or on a couch.**