



## What are unsafe sleep products?

Choosing sleep products for your baby can be overwhelming. It can be hard to tell what products are safe.

The Safe Sleep for Babies Act of 2021 law made new federal safety standards for baby sleep products. As a result, some previously popular products are banned for being unsafe. While these products are no longer manufactured, they may be available in second hand stores or passed down from older children.

This brochure will review unsafe sleep products for infants.

## FOR MORE INFORMATION

on how to create a safe sleep environment for your baby, visit

[UVMHealth.org/SafeSleep](https://UVMHealth.org/SafeSleep)



American Academy of Pediatrics

[HealthyChildren.org](https://HealthyChildren.org)

U.S. Consumer Product Safety Commission

[CPSC.gov](https://CPSC.gov)

Safe Infant Sleep

[SafeInfantSleep.org](https://SafeInfantSleep.org)

Charlie's Kids

[CharliesKids.org](https://CharliesKids.org)

Kids for Cribs

[CribsforKids.org](https://CribsforKids.org)

The Period of Purple Crying

[PurpleCrying.info](https://PurpleCrying.info)



If a sleep sack or swaddle is labeled as “Weighted” then it is unsafe according to the American Academy of Pediatrics and should not be used on or near a sleeping infant.



Products to avoid

for your newborn

## Banned Products

### INCLINED SLEEPERS

Inclined infant sleepers increase the risk for suffocation. In these products, the infant's head can fall forward cutting off their airway.

Examples - Fisher Price Rock 'n Play Sleeper - Kids II Ingenuity Moonlight Rocking Sleeper - Kids II Bright Starts Playtime to Bedtime Sleeper.



### BUMPER PADS

A crib bumper is material intended to cover the sides of a crib. Crib bumpers increase the risk of suffocation, entrapment, and strangulation.

Examples - Padded crib bumper - Supported & unsupported vinyl bumper guard - Vertical crib slat covers.

The ban does not include mesh crib liners which Pediatricians discourage due to entrapment and strangulation risks.



## Unsafe Sleep Products

Some products on the market do not meet the American Academy of Pediatrics guidelines for safe sleep for babies under one year of age. The following items should be kept off your registry and away from your sleeping baby.

### BABY NEST & POSITIONERS

Referred to as nests, docks, or snugglers, the soft materials they are made from put infants at risk of suffocation.

Examples - Dock-A-Tot - BabyNest Beds - Etsy Handmade Snugglers or Nests.



### BOLSTER & WEDGE POSITIONERS

These plush items pose a suffocation risk if a child rolls over or moves, and can trap babies if placed close to the sides of a crib.

Examples - Boppy Noggin Nest Head Support - SwaddleMe GoodVibes Vibrating Crib Wedge.



### BABY RECLINERS & BEAN BAGS

Bean bags and foam-based "recliners" are soft and pliable, creating a suffocation hazard. They can trap an infant when used in a crib.

Examples - Baby Matters Nap Nanny Recliners - BabyDelight Nestle Nook Comfort-Plush Infant Napper 2.



### CRIB HAMMOCKS AND WEIGHTED SLEEPERS, SWADDLES AND BLANKETS

The safety of these products has not been tested. The AAP warns parents and caregivers to avoid untested products.

Examples - Crescent Womb Infant Safety Bed - Little Lullaby Lullaby Hammock - Nested Bean Zen Swaddle - SensaCalm Weighted Blankets.

**If your baby falls asleep in a car seat, stroller, swing, infant carrier or sling, move them to a firm sleep surface and place them on their back as soon as possible.**