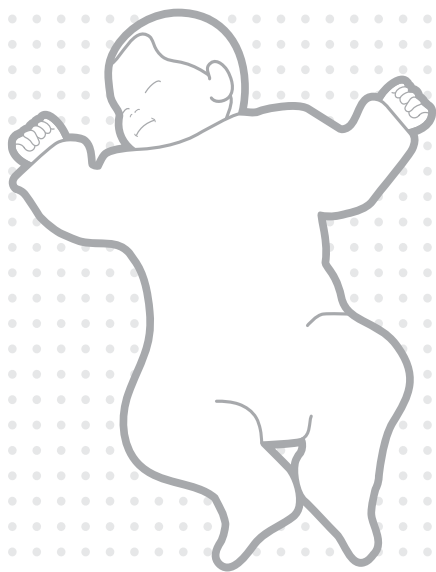


# Back is Best for Safe Sleep



Evidence shows that placing babies on their back to sleep is safest

## ✓ Back position (Supine)



**I'm safest** when you place me on my back on a firm, flat surface for all sleeps.

- I can breath easily
- I am less likely to choke

! Do not use any devices that inclines my sleep surface or keeps me in one position.

In the BACK position, regurgitated milk is less likely to enter the airways.

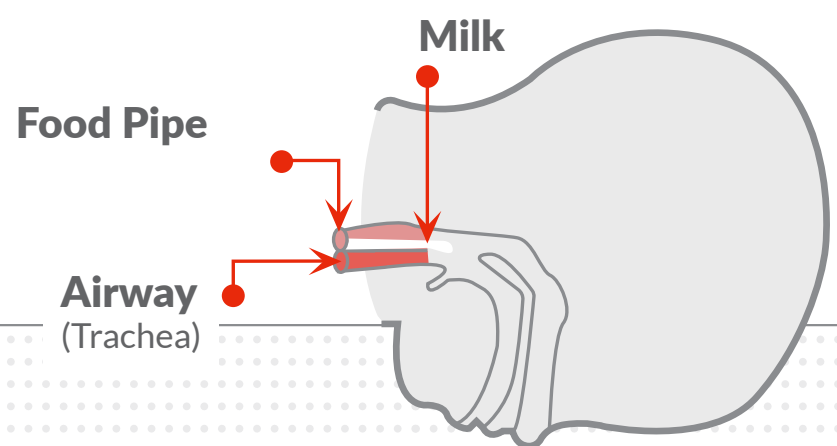


## ✗ Tummy position (Prone)



- I have a 7 times higher risk of sudden unexpected death in infancy (SUDI)
- I may sleep deeper on my tummy, but this reduces my ability to wake up and protect my airways
- My airways can be more easily blocked increasing my risk of suffocation
- I might overheat when sleeping on my tummy

In the TUMMY position, regurgitated milk can more easily enter the airway.



## ✓ When confidently rolling

When you are confident I can roll easily by myself both ways, continue to place me down to sleep on my back but let me find my own natural sleeping position. Until then sleeping on my back is safest!

## ✗ Side Position



When I'm **on my side**:

- There is a 2-4 times increased risk of SUDI
- There is a greater risk of me rolling onto my tummy when I am on my side

Red Nose acknowledges the Traditional Owners of the lands in which we work, live and visit.

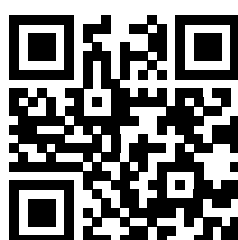
Red Nose Safe Sleep Advice Hub

1300 998 698 (during business hours AEST/AEDT)

rednose.org.au/safesleep

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