

Safe Sleeping Monitoring Checklist



Please make sure you can see and hear me, and check me frequently when I'm sleeping!



Is my head and face uncovered?



Are my skin and lips a normal colour for me?



Is my chest rising and falling?



Is my bed clear of soft and loose items?



Am I warm but not too hot?

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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