

# Safe Sleep 7

Smart tips for safer bedsharing.



**No Smoking**  
In the home or outside

**Breastfeeding**  
Day and night



**Baby on Back**  
Face up

**Sober Adults**  
No alcohol or drowsy medicine



**No Sweat**  
Light clothing and no swaddling

**Healthy Baby**  
Full term



**Safe Surface**  
No soft mattress, no extra pillows,  
no toys, no tight or heavy covers.  
Clear of strings and cords.  
Gaps firmly filled: use rolled towels  
or baby blankets. No sofas  
or recliners.

Bottle fed babies should sleep alongside the mother on a separate surface rather than in the bed.

La Leche League International Guidelines  
**Reference #1**