

~Back to Sleep~



“Help
prevent
SIDS:
Put me
to sleep
on my
back!”



If they are having a hard time breathing, babies will be able to wake up more easily when they sleep on their backs. This will help prevent your baby from developing a **deadly condition called “SIDS”** or Sudden Infant Death Syndrome.



Many people **think** babies choke when put to sleep on their backs, but studies show **this is not true**. Babies that sleep on their backs will also be **healthier and smarter** because they spend more time in light sleep and dreaming.