

Mayo Clinic Minute: Essential tips to ensure safe sleep for infants

Video	Audio
	Sleep can be a big challenge for parents with infants.
	"I think as parents, we're all desperate to get our children to sleep at night."
	Dr. Angela Mattke, a Mayo Clinic pediatrician, says parents should be aware of products that are not safe for sleep.
Angela Mattke, M.D. Pediatric and Adolescent Medicine Mayo Clinic	"There's lots of different products that are marketed towards families and parents to help guarantee to improve their sleep. But most of those products have been shown to not be safe for infants to be sleeping in specifically anything that has an incline."
	Other products, like loungers and weighted blankets, are also not safe for sleep.
	Dr. Mattke says when it comes to baby's sleeping space, keep it simple.
	"Make sure the infant is sleeping on their back with no fluffy stuff around them. They should be the cutest thing in their bassinet in their crib."
	Sharing a bedroom with baby, especially for the first six months of life, can decrease the risk of sleep-related death by up to 50%. But the key is sharing a bedroom, not a bed.
	"We want them sleeping in their own flat, safe sleeping environment with no fluffy blankets or things that could get in the way and risk their breathing."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.