Sleep Sack Guidance

ARM 37.95.1005 (7)

Sleep sacks and similar safe sleep clothing may be used if the item does not restrict the infant's arms.

Acceptable Sleep Sacks

Unrestricted arm and leg movement



Not Allowed

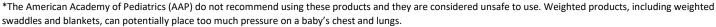
Restricts infant movement or has Velcro.

No weighted Sleep Sacks*

Restricts movement and may cause overheating. **

No hooded Sleep Sacks





^{**}Infants are vulnerable to overheating when they are overdressed and cannot regulate their body temperatures well according to the National Institute of Health. Studies have shown that heavy clothing increases SIDS risk.

Resources:

- For more information about Safe Sleep visit the following website: <u>safetosleep.nichd.nih.gov</u>
- For information on crib safety guidelines see Consumer Product Safety Commission (CPSC): cpsc.gov