

Office of the Chief Medical Officer of Health (Public Health)

Safe Sleep is the Best Sleep!

Room Share versus Bed Sharing – Know the Risks

Infants should never sleep in places that are not made for them, such as couches, sofas or the same mattress with adults, other children, or pets. This is referred to as **bed sharing**

- The risk is greater if the child is less than 4 months old.
- The risk is greater for a baby sharing a bed with adults who have recently consumed alcohol or drugs, or medications that may make them drowsy. Exposure to smoke of any kind is dangerous for your baby.
- Babies who sleep on an adult bed are at greater risk for injury or accidental death due to falling out of the bed or getting trapped between the mattress and wall or bed frame and getting caught in blankets or pillows.

Room sharing is a sleep arrangement where an infant and parent or caregiver sleeps in the same room, but not on the same sleep surface.

- This is encouraged as the healthiest, lower risk sleeping environment.
- This is encouraged for the first six months of your baby's life.
- Many breastfeeding families will bring their baby into the bed with them to breastfeed and to practice "safe skin to skin" with their newborn. When feeding is finished, the safest practice is to lay the baby on his/her back, in an infant bed next to the parent's bed.