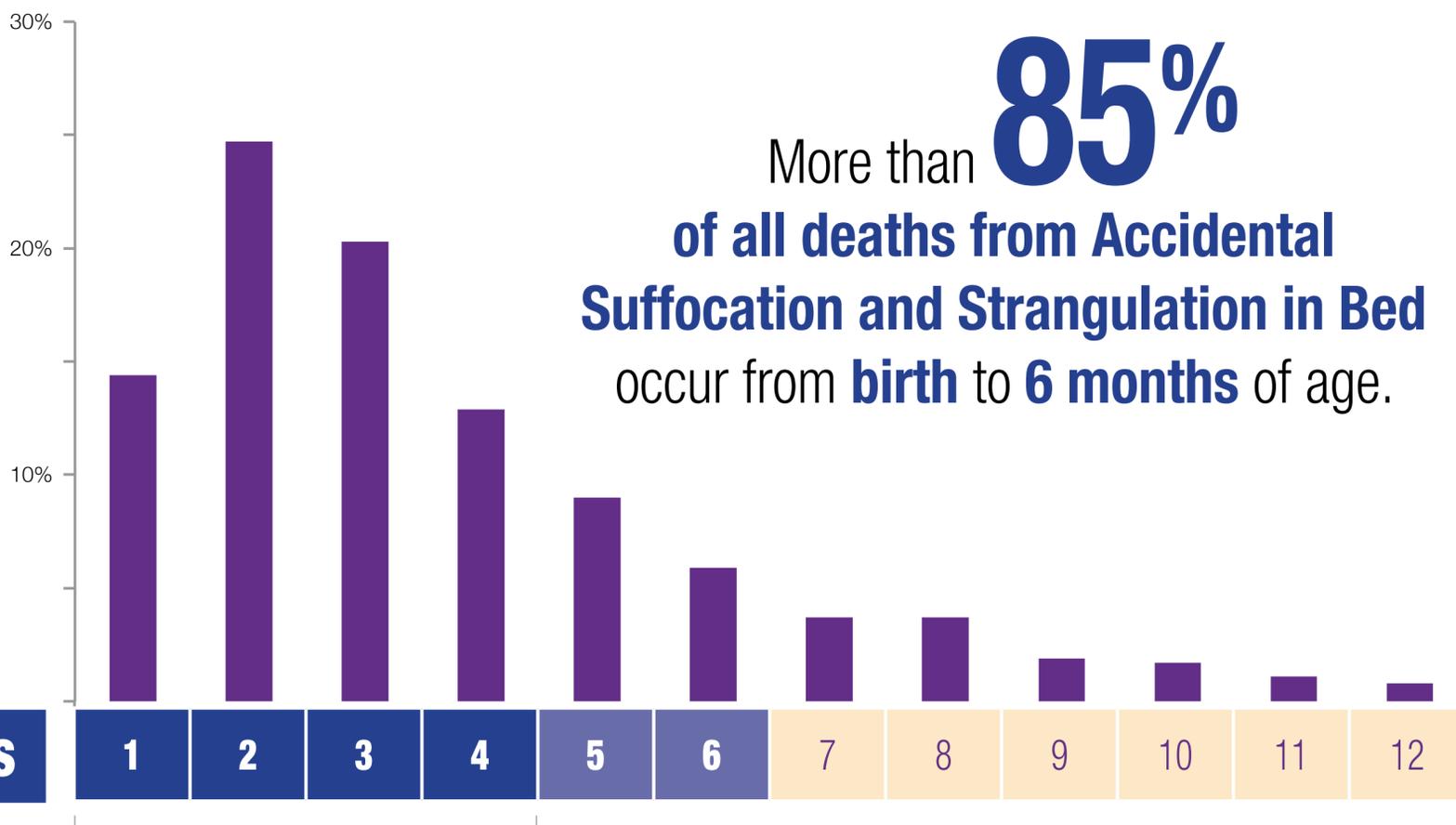


# Accidental Suffocation and Strangulation During Infant Sleep

Accidental Suffocation and Strangulation in Bed, or ASSB, occurs when something limits a baby's breathing, like when soft bedding or blankets are against their face or when a baby gets trapped between two objects, such as a mattress and wall. Among babies, accidental suffocation is responsible for three-fourths of all unintentional injury deaths.



Most ASSB deaths occur between **birth** and **4 months** of age.

Deaths from **ASSB** are less common in babies older than 6 months.



Follow safe sleep recommendations until baby's first birthday to reduce the risk of SIDS and other sleep-related causes of infant death.



Learn more  
<http://safetosleep.nichd.nih.gov>

## To reduce the risk of Accidental Suffocation and Strangulation in Bed:

- ▶ Always place baby on his or her back to sleep, for naps and at night.
- ▶ Share your room with baby. Keep baby close to your bed, on a separate surface designed for infants.
- ▶ Use a firm and flat sleep surface, such as a mattress in a safety-approved crib\*, covered by a fitted sheet with no other bedding or soft items in the sleep area.



\*For information on crib safety, contact the CPSC at 1-800-638-2772 or <http://www.cpsc.gov>.