What are unsafe sleep products?

Choosing sleep products for your baby can be overwhelming. It can be hard to tell what products are safe.

The Safe Sleep for Babies Act of 2021 law made new federal safety standards for baby sleep products. As a result, some previously popular products are banned for being unsafe. While these products are no longer manufactured, they may be available in second hand stores or passed down from older children.

This brochure will review unsafe sleep products for infants.

Products to avoid for your newborn

If a sleep sack or swaddle is labeled as “Weighted” then it is unsafe according to the American Academy of Pediatrics and should not be used on or near a sleeping infant.
**Banned Products**

**INCLINED SLEEPERS**
Inclined infant sleepers increase the risk for suffocation. In these products, the infant’s head can fall forward cutting off their airway.


**BUMPER PADS**
A crib bumper is material intended to cover the sides of a crib. Crib bumpers increase the risk of suffocation, entrapment, and strangulation.

Examples - Padded crib bumper - Supported & unsupported vinyl bumper guard - Vertical crib slat covers.

The ban does not include mesh crib liners which Pediatricians discourage due to entrapment and strangulation risks.

**Unsafe Sleep Products**

**BABY RECLINERS & BEAN BAGS**
Bean bags and foam-based “recliners” are soft and pliable, creating a suffocation hazard. They can trap an infant when used in a crib.


**BABY NEST & POSITIONERS**
Referred to as nests, docks, or snugglers, the soft materials they are made from put infants at risk of suffocation.


**BOLSTER & WEDGE POSITIONERS**
These plush items pose a suffocation risk if a child rolls over or moves, and can trap babies if placed close to the sides of a crib.

Examples - Boppy Noggin Nest Head Support - SwaddleMe GoodVibes Vibrating Crib Wedge.

**CRIB HAMMOCKS AND WEIGHTED SLEEPERS, SWADDLES AND BLANKETS**
The safety of these products has not been tested. The AAP warns parents and caregivers to avoid untested products.


If your baby falls asleep in a car seat, stroller, swing, infant carrier or sling, move them to a firm sleep surface and place them on their back as soon as possible.