



## Dickinson-Iron District Health Department

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### NEWS RELEASE

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**FOR IMMEDIATE RELEASE**

### October is Infant Safe Sleep Month

Crystal Falls and Kingsford, Michigan – October 1, 2025. October is Infant Safe Sleep Month in Michigan. The Dickinson-Iron District Health Department wants to remind everyone of the importance of infant safe sleep. Sleep-related infant deaths can occur at any point during infancy (0-12 months.) In Michigan, they are the leading cause of death among infants aged 1-12 months, with suffocation being the most common cause. Statewide, 1.3 sleep-related infant deaths occur per 1,000 live births. In 2022, 150 Michigan babies died due to sleep-related causes.

Michigan babies have suffocated while sleeping in adult beds, sharing a bed with an adult or child, sleeping on furniture, and sleeping with pillows, cushions, and blankets. In accordance with the American Academy of Pediatrics, parents and caregivers should be encouraged to follow these basic infant safe sleep recommendations to protect babies from suffocation or accidents during nightly sleep and naps:

- Place baby on the back to sleep.
- Place baby in a crib, bassinet or pack and play with a firm mattress covered only with a tightly fitted sheet. The sleep surface should be flat.
- Keep baby's sleep space clutter free—no pillows, quilts, comforters, stuffed toys, bumper pads, or other soft objects.
- Keep baby's sleep space near the caregiver's bed—share the room, not the bed.
- Keep baby's environment smoke-free and nicotine-free.
- Make sure everyone caring for baby knows these guidelines, including babysitters, friends, and family members.

Following the safe sleep guidelines can save infant lives. To learn more about infant safe sleep, visit [Michigan.gov/SafeSleep](https://Michigan.gov/SafeSleep). If you have any questions about infant safe sleep, please contact the Infant Safe Sleep Program at [MDHHS-InfantSafeSleep@michigan.gov](mailto:MDHHS-InfantSafeSleep@michigan.gov) or contact the Dickinson-Iron District Health Department at (Iron County) 906-265-9913 or (Dickinson County) 906-774-1868.

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