

A graphic for National Sleep Awareness Week 2022. It features a dark blue background with a large yellow crescent moon in the center. Several white clouds and yellow stars are scattered around the moon. A white cloud contains the text "March 13th-19th". The NICHQ logo is also present on the right side of the graphic.

March 13th-19th

National Sleep Awareness Week 2022

Celebrate Sleep Awareness Week 2022 with NICHQ by advancing advocacy, protection, and promotion of evidence-based safe-sleep practices to ensure that all babies are sleeping safely.

Working together, public health professionals, clinicians, and birth workers can help save the lives of more than 3,500 infants each year who die from sleep-related causes. The first step to preventing Sudden Infant Death Syndrome (SIDS) and other sleep-related deaths is to understand and promote the most up-to-date, evidence-based recommendations for safe infant sleep.



Every new person who learns about safe infant sleep is one more person who can promote safe infant sleep guidelines. [This National Sleep Awareness Week](#), join NICHQ in raising awareness about the importance of creating safe sleep environments. Whether in a hospital setting or at home, promoting safe sleep and breastfeeding practices can reduce these numbers, ultimately improving maternal and infant health outcomes.

BASICS OF SAFE SLEEP

At NICHQ, we are committed to making safe infant sleep and breastfeeding/chestfeeding the national norm. Read the [Updated 2016 Recommendations for a Safe Infant Sleeping Environment](#) and see [How to Keep Your Sleeping Baby Safe: AAP Policy Explained](#) to learn more about these and other actions.

FEATURED SAFE SLEEP RESOURCES

[Video Quiz: How Safe Sleep Savvy Are You?](#)

This short video quiz can be used by health professionals to engage parents and caregivers in important conversations about safe sleep and breastfeeding recommendations. The quiz is also [available in Spanish!](#)

[Safe Sleep and Breastfeeding Myths and Facts](#)

Pediatricians, family physicians, and other health care providers can use these documents during conversations with families to address myths and facts about safe infant sleep and breastfeeding. Now available in 12 different languages!

[Safe Sleep Infographic for Child-care Providers](#)

Partner with child-care providers from various communities using our safe sleep infographic offering six simple tips for keeping babies safe when sleeping. Available to download in 12 different languages!

[Safe Infant Sleep Baby Registry Guide](#)

This guide is designed to be shared with mothers and birthing people, and it includes strategies for creating safe sleeping environments, product recommendations, and helpful information about product safety standards.



[Watch the Webinar](#)

Related Webinar

Watch this interactive webinar from NICHQ demonstrating strategies for helping families adopt safe sleep practices.

During the webinar, Stacy Scott, Ph.D., MPA, NICHQ Executive Project Director and Equity Lead and Founder of the Global Infant Safe Sleep Center, leads a series of role-playing exercises where she demonstrates tactics to engage families from different backgrounds in meaningful conversations about safe sleep.



Creating Safe Sleeping Environments While Breastfeeding/Chestfeeding

Breastfeeding/chestfeeding brings a variety of health benefits for babies. But tired mothers and birthing people need support to continue breastfeeding/chestfeeding while ensuring infants sleep safely.

- Watch this interactive webinar providing strategies for [Improving Conversations about Breastfeeding](#)
- Read this article about the importance of improving sleep for mothers and birthing people to help ensure [safer sleep for babies](#).