# Nebraska Safe Sleep Environment Checklist

<table>
<thead>
<tr>
<th>Name of Baby:</th>
<th>Date of Safe Sleep Assessment:</th>
<th>Completed by:</th>
</tr>
</thead>
</table>

## Safe Sleep Assessment Completed at:
- [ ] Prenatal Visit
- [ ] Weekly Visit (first month after baby born)
- [ ] Bi-Weekly Visit
- [ ] Monthly Visit (up to six months of age)
- [ ] Other / As needed _________________

## Age Of Infant At Time Of Discussion:
- [ ] <1 month
- [ ] 1-2 months
- [ ] 3-4 months
- [ ] 5-6 months
- [ ] 7-8 months
- [ ] 9-12 months

## Medical History:
- [ ] NICU
- [ ] Substance exposed prior to birth
- [ ] Preterm (< 39 weeks)
- [ ] recent illness
- [ ] Other _________________

<table>
<thead>
<tr>
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<th>Follow up Date:</th>
<th>Resolved:</th>
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</thead>
<tbody>
<tr>
<td>1. Baby <strong>always</strong> sleeps alone in his/her own safe sleep environment (never sleeping with others, including pets, on couches, chairs, or beds).</td>
<td>[ ] Yes</td>
<td>[ ] No</td>
<td>[ ] Observed</td>
<td>[ ] Action Step identified</td>
<td>[ ] No Date:</td>
</tr>
<tr>
<td>2. Baby has his/her own safe sleep environment(s): (Check all that apply).</td>
<td>[ ] Crib</td>
<td>[ ] Bassinet</td>
<td>[ ] Pack ‘N Play</td>
<td>[ ] Other _________________</td>
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<tr>
<td>3. Baby’s safe sleep environment(s) <strong>contains unsafe</strong> sleep practices/hazards: (Check all that apply).</td>
<td>[ ] Loose bedding</td>
<td>[ ] Toys/stuffed animals</td>
<td>[ ] Bumpers</td>
<td>[ ] Quilts/blankets</td>
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<tr>
<td></td>
<td>[ ] Pillows</td>
<td>[ ] Cords/wires</td>
<td>[ ] Low/loose mobile</td>
<td>[ ] Decorative cutouts</td>
<td></td>
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<tr>
<td></td>
<td>[ ] Curtains/blinds</td>
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<td>[ ] Drop-side rails</td>
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<tr>
<td></td>
<td>[ ] Furnace/ vent/radiator next to sleep area</td>
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<td></td>
<td>[ ] A soft sleep surface / mattress that is loose fitting</td>
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<td></td>
<td>[ ] Corner posts that are higher than frame</td>
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<tr>
<td></td>
<td>[ ] Side-slats spaced &gt; soda can width</td>
<td></td>
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<td></td>
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</tr>
<tr>
<td></td>
<td>[ ] No unsafe sleep practices / hazards</td>
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<tr>
<td>4. When baby is sleeping: (Check all that apply).</td>
<td>[ ] Room temperature is appropriate (approx. 68-74°F)</td>
<td></td>
<td>[ ] Observed</td>
<td>[ ] Action Step identified</td>
<td></td>
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<tr>
<td></td>
<td>[ ] Baby is not over- or under-dressed</td>
<td></td>
<td>[ ] Action Step identified</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Baby is always placed on his/her back to sleep with head and face uncovered.</td>
<td>[ ] Yes</td>
<td>[ ] No</td>
<td>[ ] Observed</td>
<td>[ ] Action Step identified</td>
<td></td>
</tr>
<tr>
<td>6. Baby’s safe sleep environment and home are smoke free.</td>
<td>[ ] Yes</td>
<td>[ ] No</td>
<td>[ ] Observed</td>
<td>[ ] Action Step identified</td>
<td></td>
</tr>
<tr>
<td>7. Reviewed/left with caregiver(s) the NIH “What Does A Safe Sleep Environment Look Like?” handout.</td>
<td>[ ] Yes</td>
<td>[ ] Previously Given</td>
<td>[ ] No – State Reason: _________________</td>
<td></td>
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</tbody>
</table>

**Documentation of Identified Action Steps and Medical History:**

[Checklist Table Continued]
Talking Points:
- Unsafe sleep is the #1 cause of death reported to the Office of Child and Family Services.
- In Nebraska, 15-20 babies die every year due to unsafe sleep-related incidents.
- Bed sharing and cluttered cribs (blankets, bumpers, stuffed animals, etc.) account for the largest percentage of deaths.
- Babies exposed to substance use during pregnancy are at higher risk.

**SLEEP ENVIRONMENT HAZARDS**

Below is an example of an unsafe sleeping environment.

**HAZARDS**

- Hardware needs to be in place, and tight; check periodically.
- Corner posts should be level with frame. Children can catch clothing and strangle.
- Decorative cutouts can trap a baby's head.
- Dropside rails can jump tracks and trap infant between rail and mattress, causing death.
- Mattress, platform should fit snugly. If you can fit two fingers between the mattress and side, don't use crib.
- Side slats should be tightly spaced. A soda can should not fit between slats.

**Back sleeping does not increase the risk of choking.**

In fact, babies may clear fluids better when on their backs, possibly because of anatomy.

**Sleeping on back:**
- The trachea lies on top of the esophagus.
- Spit-up / fluid must work against gravity to be aspirated into the trachea.
- If babies do spit up, it will stay in the esophagus, not go into trachea.
- Nothing around nose, mouth and ears to block air flow or hearing.

**Sleeping on stomach**
- Spit-up / fluids pool at the opening of the trachea, making it easier for the baby to aspirate or choke.
- Nose and mouth may be blocked, decreasing air flow.
- Infant ear next to mattress, decreasing the auditory stimulation.

*Image and information courtesy of the Safe to Sleep® campaign, for educational purposes only; Eunice Kennedy Shriver National Institute of Child Health and Human Development, [http://www.nichd.nih.gov/sids](http://www.nichd.nih.gov/sids); Safe to Sleep® is a registered trademark of the U.S. Department of Health and Human Services.*