

# Sleep Sacks: Safe or Unsafe

This resource provides a brief overview of guidelines from the American Academy of Pediatrics (AAP) for selecting and safely using infant sleep sacks.

## Safe :

- Ensure arms and legs can move freely.
- Make sure hands are free and uncovered.
- Choose material that allows for mobility, such as rolling over.
- Select lightweight material to prevent overheating.
- Select the appropriate size for the weight and age of the infant so it is not too loose or tight.



## Unsafe :

- Do not use sleep sacks that restrict arms and/or body movement.
- Do not use sleep sacks that are hooded, weighted, or made with thick material because they restrict breathing and body movement.



NOTE: This is not intended to be a comprehensive list of guidelines.

For additional assistance and resources contact the YoungStar Connect Help Desk at 1-833-YNG-STAR (964-7827)