

# Sleeping products



**The Lullaby Trust is often asked whether or not we recommend a particular product. We aren't able to comment on individual products but encourage parents and professionals to look at our evidence-based advice before making a decision about their baby's sleeping environment. The number of products available can be confusing, so sticking to this simple guideline can help parents make an informed choice:**

**The safest place for a baby to sleep is a separate cot, crib or Moses basket. We recommend a firm, flat, waterproof mattress.**

## **More information:**

New products that relate to a baby's sleeping environment enter the market regularly. We do not conduct testing on any products ourselves so are not able to recommend for or against any individual product. The research that backs our Safer Sleep advice has found that the safest environment for a baby to sleep is a separate sleeping place (such as a cot) that has a firm, flat surface with a waterproof cover, and that the sleeping surface is in good condition and undamaged.

## **Surely this product doesn't conform to advice?**

Some products clearly do not fit within our guidelines. However, it is up to parents to make a decision about their baby's sleeping environment and whether this conforms to the advice we give to reduce the chance of Sudden Infant Death Syndrome (SIDS).

## **This product claims no baby has ever died of SIDS whilst using it?**

Our Safer Sleep advice is based on extensive research-but looks only at SIDS not individual products. As new products are launched all the time we are not able to test all of them, and so instead must look at the evidence collected over many years that shows a firm and flat surface is best for sleeping babies. As the number of babies dying of SIDS in the UK is now thankfully very low, this does not help to tell us whether or not a product is safe.

## **This product says it has passed safety tests – does this refer to Safer Sleep?**

We encourage parents to ensure that any product they buy has a British Safety Standard, particularly when buying a product over the internet. A Safety Standard does not mean that a product helps to reduce the chance of SIDS, but just guarantees a certain level of general safety (e.g. will not fall apart or set fire easily). Parents should also carefully follow the manufacturers' instructions for any product they buy and contact the manufacturer directly with any questions.

## **Confused?**

If this advice seems confusing then it may be easier to remember our simple sleep advice. For sleep, a 'clear cot' with a firm, flat, waterproof mattress is fine. A 'clear cot' is one that only includes the essentials a baby needs: a flat, waterproof mattress and some bedding, but nothing else. Three key questions you could ask are:

- Is it firm?
- Is it flat?
- Does it have a waterproof cover?