



Bedsharing Quick Start

From *Sweet Sleep: Nighttime and Naptime Strategies for the Breastfeeding Family*
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Desperate for sleep? Tired of getting up? Your baby can't sleep alone? If you can check off each item under the "Safe Sleep Seven" below, then you can *make your bed as SIDS-safe as a crib and greatly reduce other risks in just a few steps*. Follow these steps for "emergency bedsharing" and sleep better tonight (unless you want to do it again tomorrow).

The Safe Sleep Seven

You need to be

- 1. A nonsmoker
- 2. Sober (no drugs, alcohol, or medications that make you drowsy)
- 3. Breastfeeding

Your baby needs to be

- 4. Full-term and healthy
- 5. Kept on his back when he's not nursing
- 6. Unswaddled, in a onesie or light jammies

And you both need to be

- 7. On a safe surface

Here's how to make your bed a safe surface:

1. Have your partner, other children, and pets sleep somewhere else. Or you and the baby do. *Just for tonight.*
2. Strip the bed. Take everything off but a thin mattress pad (if you use one) and bottom sheet. Everything.
3. Put back your own pillow(s), top sheet, and lightweight blanket or duvet. No super-heavy covers or quilts.
4. Put your baby on his back in the middle of the bed. Lie down next to him, on your side and facing him, with his face at about the level of your breast. If your bed is near a wall, put yourself between him and the wall.
5. Nurse your baby and get some sleep.

There. A simple, quick, and research-supported bedsharing arrangement. Just for tonight. You'll find the details and research in Chapter 2 of *Sweet Sleep*.