

# Smoking & Safe Sleep

Learn how smoking can affect your baby's health.



## Smoking and Safe Sleep

- Smoking during pregnancy increases your baby's risk of Sudden Infant Death Syndrome (SIDS) and sleep-related infant death. Secondhand smoke also increases your baby's risk.
- Recent research shows that smoking even one cigarette a day **doubles** baby's risk of sleep-related death.
- Quitting smoking can be hard, but it is one of the best ways you can protect yourself and your baby's health. Call the free Michigan Tobacco Quitline at 1-800-784-8669 for the resources and support for helping you to quit today.



## Smoking

- Keep your baby in a smoke-free environment before and after birth. Make sure that friends and family do not smoke around your baby.
- Smoking can cause you to deliver too soon and can cause your baby to be born too small. Both can increase your baby's risk of sleep-related infant death.
- If your baby regularly breathes secondhand smoke, his or her lungs can be permanently damaged.
- Chemicals in secondhand smoke can affect your baby's brain and interfere with how your baby's breathing is regulated.



## Safe Sleep

Even if you smoke, keep your baby safe by following the safe sleep recommendations for all sleep times – naps and night:

- Place your baby on his or her back for all sleep times.
- Place him or her to sleep in a crib, bassinet, portable crib, or play yard with a firm mattress and tight-fitting sheet.
- Keep pillows, blankets, soft toys, crib bumpers, and other soft objects such as wedges, out of your baby's sleep area.
- Dress baby in a sleep sack or pajamas to match the temperature of the room.

Photo Credit: Federal SUID/SIDS Workgroup. Get more information and free materials on safe sleep at [safetosleep.nichd.nih.gov](http://safetosleep.nichd.nih.gov).



## E-Cigarettes

- E-cigarettes have many names: vapes, vape pens, e-hookahs, mods, JUULs, or tanks.
- They give off aerosol that is full of chemicals. Some of these chemicals are known to cause birth defects.
- Secondhand aerosol can be dangerous to your baby.

Learn more about safe sleep at [www.Michigan.gov/SafeSleep](http://www.Michigan.gov/SafeSleep).

Learn how to improve your and your baby's health by reducing tobacco use at [www.Michigan.gov/Tobacco](http://www.Michigan.gov/Tobacco).

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