1. **Myth or Fact? Cribs cause “crib death” or SIDS.**

**Myth.** Cribs themselves do not cause SIDS. But features of the sleep environment—such as a soft sleep surface—can increase the risk of SIDS and other sleep-related causes of infant death. Find out more about what is a [safe sleep environment](http://www.nichd.nih.gov/sts/about/environment/Pages/default.aspx) for your baby.

1. **Myth or Fact? Babies who sleep on their backs will choke if they spit up or vomit during sleep.**

**Myth.** Babies automatically cough up or swallow fluid that they spit up or vomit—it’s a reflex to keep the airway clear. Studies show no increase in the number of deaths from choking among babies who sleep on their backs. In fact, [babies who sleep on their backs might clear these fluids better because of the way the body is built](http://www.nichd.nih.gov/sts/about/Pages/faq.aspx#q2).

1. **Myth or Fact? There are things I can do to reduce my baby’s risk of sudden unexpected infant death.**

**Fact.** This is definitely true. And we will cover in more detail during our time together today ways you can prevent your baby’s risk of sudden unexpected death.

1. **Myth or Fact? It takes time for a baby to learn to sleep soundly on his or her back.**

**Fact.** Sleeping soundly on the back is learned and parents shouldn’t give up. If your baby wakes during the night, remember that lighter sleep protects baby against unexpected death.

1. **Myth or Fact? If parents sleep with their babies in the same bed, they will hear any problems and be able to prevent them from happening.**

**Myth.** Because SIDS occurs with no warning or symptoms, it is unlikely that any adult will hear a problem and prevent SIDS from occurring. Sleeping with a baby in an adult bed increases the risk of suffocation and other sleep-related causes of infant death.

Sleeping with a baby in an adult bed is even more dangerous when:

* The adult smokes cigarettes or has consumed alcohol or medication that causes drowsiness.
* The baby shares a bed with other children.
* The sleep surface is a couch, sofa, waterbed, or armchair.
* There are pillows or blankets in the bed
* The baby is younger than 11 weeks to 14 weeks of age.
* The baby shares a bed with more than one person, especially if sleeping between two adults.