

# NIGHTTIME FEEDING FAQ

SAFETY TIPS FROM  
SAFETOSLEEP.NICHD.HIH.GOV



If you are **ABLE & WILLING** to feed your baby breastmilk, it is recommended to do so because it is associated with reduced risk of SUID.



The American Academy of Pediatrics, along with CTF and the Safe Sleep Coalition, recognizes the decision to breastfeed is deeply personal and dependent on a variety of factors. The decision to breastfeed or formula-feed your child should NOT be stigmatized.

## Why shouldn't I sleep with my baby?

It substantially raises the risk of suffocation and asphyxiation, even among the lightest sleepers & most careful caregivers.

## What if I accidentally fall asleep?

Once you wake up, check baby's breathing.

Put them back in their separate sleep area that is designed for infant sleep.

Later, when you're more awake, try reflecting on how to prevent falling asleep in the future.

## How do I avoid falling asleep while feeding my baby at night?

Many caregivers think they'll wake up before something bad happens, but having a baby is exhausting, and it's **better safe than sorry**. Try these tips to prevent falling asleep during nighttime feedings.



### CLEAR THE AREA

Remove all soft items, blankets & pillows from the feeding area.



### SIT UPRIGHT

Sit upright in bed or in a chair, so that you're less likely to nod off.



### BACK TO BED

Always put baby back in their own separate sleep area designed for infant sleep when you're done feeding.



### SET AN ALARM

Set an alarm or ask another adult to check on you to make sure you stay awake.

## Why breastmilk?

### For Baby

Infants who are breastfed have reduced risks of:

- Sudden Unexplained Infant Death (SUID)
- Asthma
- Obesity
- Type 1 diabetes
- Gastrointestinal infections



### For Mom

Breastfeeding can help lower a mother's risk of:

- High blood pressure
- Type 2 diabetes
- Ovarian cancer
- Breast cancer



**For more information about  
Infant Safe Sleep, visit**



**[safesleep.mo.gov](https://safesleep.mo.gov)**