

Smoking & Safe Sleep

Learn how smoking can affect baby's health.



Smoking Increases Risks

Smoking:

- During pregnancy increases baby's risk of Sudden Infant Death Syndrome (SIDS) and sleep-related infant death.
- Even one cigarette a day **doubles** baby's risk of sleep-related death.
- Can cause babies to be born too small and to be delivered too soon.
 - Both increase baby's risk of sleep-related infant death.

Exposure to secondhand smoke:

- Increases your baby's risk of SIDS and sleep-related infant death.
- Can damage baby's lungs.
- Can affect baby's brain and how their breathing is regulated.

E-Cigarettes Are Risky Too

- They have many names: vapes, vape pens, e-hookahs, mods, JUULs, or tanks.
- They contain addictive levels of nicotine.
- They give off aerosol. Exposure to secondhand aerosol can be dangerous to baby.
- The aerosol is full of chemicals.
 - Some of these chemicals are known to cause birth defects.



Keep Your Environment Smoke- and Nicotine-Free

- Make sure friends and family do not smoke or vape around baby.
- Quitting can be hard, but it is one of the best ways to protect you and baby's health.
- Contact the Michigan Tobacco Quitlink to access free quit programs and other resources.
 - Call 800-784-8669.
 - Text QUITNOW to 333888.
 - Visit the [Quitlink webpage](https://www.michigan.gov/Quitlink) (URL: [Michigan.gov/Quitlink](https://www.michigan.gov/Quitlink)).



Follow the Safe Sleep Steps to Keep Baby Safe

For all sleep times – naps and night:

- Place baby on the back.
- Place baby in a crib, bassinet, pack and play with a firm mattress and tightly fitted sheet. Baby's sleep surface should be flat.
- Keep pillows, blankets, soft toys, crib bumpers, and other soft objects such as wedges, out of baby's sleep space.
- Keep baby's sleep space near your bed.

[Learn more about safe sleep](https://www.michigan.gov/SafeSleep) (URL: [Michigan.gov/SafeSleep](https://www.michigan.gov/SafeSleep)).

The Michigan Department of Health and Human Services (MDHHS) does not discriminate against any individual or group on the basis of race, national origin, color, sex, disability, religion, age, height, weight, familial status, partisan considerations, or genetic information. Sex-based discrimination includes, but is not limited to, discrimination based on sexual orientation, gender identity, gender expression, sex characteristics, and pregnancy.

MDHHS-Pub 1270 (Rev 1-24)