

# Sleep Sack Guidance

## ARM 37.95.1005 (7)

Sleep sacks and similar safe sleep clothing may be used if the item does not restrict the infant's arms.

### Acceptable Sleep Sacks

Unrestricted arm and leg movement



### Not Allowed

Restricts infant movement or has Velcro.

No weighted Sleep Sacks\*

Restricts movement and may cause overheating. \*\*

No hooded Sleep Sacks



\*The American Academy of Pediatrics (AAP) do not recommend using these products and they are considered unsafe to use. Weighted products, including weighted swaddles and blankets, can potentially place too much pressure on a baby's chest and lungs.

\*\*Infants are vulnerable to overheating when they are overdressed and cannot regulate their body temperatures well according to the National Institute of Health. Studies have shown that heavy clothing increases SIDS risk.

### Resources:

- For more information about Safe Sleep visit the following website: [safetosleep.nichd.nih.gov](https://safetosleep.nichd.nih.gov)
- For information on crib safety guidelines see Consumer Product Safety Commission (CPSC): [cpsc.gov](https://www.cpsc.gov)