

Safer sleep essentials



Cot and a firm, flat, waterproof mattress for the cot



Portable sleep space such as a Moses basket, travel cot or carry cot



Sleeping bag or sheets and a lightweight blanket



Room thermometer



Car seat – this is not intended for sleeping when not travelling, but is essential for safer travel



**Keep it simple to
keep it safe**

The most simple sleep space is the safest. You don't need to buy lots of products or spend money on expensive items for safer sleep.

Learn more:

lullabytrust.org.uk/baby-sleeping-products

