

# 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](http://lullabytrust.org.uk/baby-sleeping-products)

