

Safe to Sleep®

Public Education Campaign Led By

In collaboration with other organizations

Frequently Asked Questions (FAQs) About SIDS and Safe Infant Sleep



Is a baby sized cardboard box a safe alternative infant safe sleep surface?

Currently, the American Academy of Pediatrics (AAP) Task Force on SIDS indicates that there is not yet enough evidence to say anything about the potential benefit or dangers of using cardboard boxes, wahakuras, or pepi-pods.

A firm and flat sleep area that is made for infants, like a safety-approved* crib or bassinet, and is covered by a fitted sheet with no other bedding or soft items in the sleep area is recommended by the AAP to reduce the risk of SIDS and other sleep-related causes of infant death. Keeping baby in your room and close to your bed, ideally for baby's first year, but at least for the first 6 months is also recommended by the AAP. Room sharing reduces the risk of SIDS. Having a separate safe sleep surface for baby reduces the likelihood of suffocation, entrapment, and strangulation.

You may want to consider these questions before making a decision:

- Will all caregivers properly use the surface with no soft bedding or toys?
- Will all caregivers practice [other safe infant sleep recommendations](#)?

*A crib, bassinet, portable crib, or play yard that meets the safety standards of the Consumer Product Safety Commission (CPSC) is recommended by the AAP Task Force on SIDS. For information on crib safety, contact the CPSC at 1-800-638-2772 or <http://www.cpsc.gov>.

[Learn more about safe infant sleep environments.](#)

Are baby sized cardboard boxes subject to mandatory safety standards like other infant sleep areas?

Cardboard boxes for babies are currently not subject to any Consumer Product Safety Commission (CPSC) mandatory safety standards. These products do not meet CPSC's definition of a bassinet, crib, or handheld carrier. It is important to note that CPSC does not have the authority to pre-approve or pre-test products for safety before they are sold.

Tell the CPSC if you have any safety concerns or issues with a baby-sized cardboard box or other product. Contact the CPSC at <http://www.SaferProducts.gov> or (toll-free) 1-800-638-2772.