

SOUTHERN NEVADA HEALTH DISTRICT

Safe Sleep Media Campaign

Social Media Suggested Captions – 2025

The ABC's of Safe Sleep

Safe sleep is as easy as ABC!

Alone – Babies should always sleep by themselves to reduce the risk of suffocation.

Back – Always place your baby on their back to sleep.

Crib – Use a crib, bassinet, or play yard with a firm mattress and a fitted sheet.

Help protect your baby from Sudden Unexpected Infant Death (SUID).

Learn more at [SNHD.INFO/SUID](https://snhd.info/suid).

Recommended Hashtags

#SNHDSafeSleep #BackToSleep #ABCsOfSafeSleep #SNHDInfantSafety

#SNHDSafeSleepTips #SNHDSleepSafeBaby #SouthernNevadaHealthDistrict