

Sleep Sacks: Safe or Unsafe

American Academy of Pediatrics (AAP) Recommendations for Use



Office of Early
Childhood and Out-
of-School Learning

This resource provides a brief overview of guidelines for selecting and safely using infant sleep sacks

Safe:

Ensure arms
and legs can
move freely.

Make sure
hands are free
and uncovered.

Choose material
that allows for
mobility, such as
rolling over.

Select lightweight
material to
prevent
overheating.



Select the appropriate
size for the weight
and age of the infant
so it is not too loose
or tight. If too tight, it
can restrict move-
ment. If too loose, the
infant could slide out
of the sack, cover the
nose and/or mouth,
or get tangled in the
material.

NOTE: This resource is not intended to be a comprehensive list of guidelines. If you have questions about specific sleep sacks, reach out to your local Family and Social Services Administration (FSSA) child care licensing consultant at <https://www.in.gov/fssa/carefinder/become-a-child-care-provider/facilities-consultants/>

Unsafe:



Do not use sleep sacks that restrict
arms and/ or body movement.
Swaddling is prohibited in child
care programs.



Do not use sleep sacks that are
hooded, weighted, or made with
thick material because they restrict
breathing and body movement.