

# PRETERM INFANT SLEEP ROADMAP

*Your baby's journey to safe sleep in the NICU and at home.*



## DELIVERY

Welcome to the NICU, little one!

1

2

## GETTING STRONGER

Weaning off respiratory support, keep my head of bed flat.



## GETTING OLDER

I'm 32 weeks corrected age, keep me on my back to sleep.

3

4

## GETTING BIGGER

Big enough for a crib and out of my isolette! Keep my crib empty of items to keep me safe.



5

## GOING HOME!

NICU graduation and continuing to sleep safely at home

- On my own sleep surface
- Flat on my back
- Nothing in my crib

