

Safe Sleep for Twins

Neonatal Intensive Care Unit

Choosing your babies' sleep environment at home is an important decision. Your choice can be affected by space, cost, and information.

When babies are very young or sick, we place them in separate cribs because each baby can have different medical needs.

When your babies are at least 36 weeks old (gestational age), or are within a week of going home, we start getting them ready to sleep at home. Please let your nurse know if your babies will be sleeping together or separately at home.

For all babies

- Place the crib flat.
- Remove all extra toys and blankets.
- Dress your babies in warm sleepers or sleep sacs. (These are safer than using blankets.)
- Remember to give your babies tummy time when awake.

Sleeping separately at home

If you plan to have your babies in separate sleeping spaces (cribs, bassinets, etc.) at home:

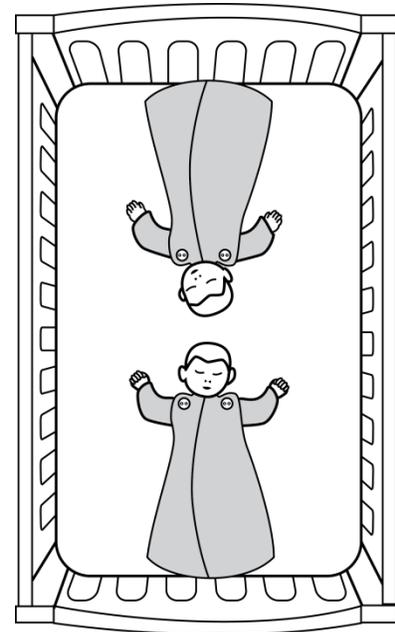
- When space allows, we place them in separate sleeping spaces in the hospital.
- We show you the safest way for your babies to sleep separately.

Sleeping together at home

Should you choose to or need to have your babies sleep together, there are ways to help your babies sleep safely.

When you settle your babies to sleep:

- Place each baby on their back, one at each end of the crib with their feet at the ends.
- If using a blanket, cover each baby with 1 blanket to their shoulders. Tuck the blanket under the mattress on the sides and bottom.



As soon as your babies are moving around on their own, place them in separate cribs.