



# Falling asleep with your baby after drinking alcohol significantly increases the risk of sudden infant death.\*



For further advice or to find out more visit [www.fsid.org.uk](http://www.fsid.org.uk) or speak to your health visitor or midwife.

\* Source: **British Medical Journal (BMJ)** (2009:339:B3666) 'Hazardous co-sleeping environments and risk factors amenable to change.' "...the strongest single factor...was maternal alcohol consumption... The combination of alcohol or drug use before co-sleeping was nine times more prevalent among the parents of Sudden Infant Death Syndrome (SIDS) infants"