Choose lightweight blankets and clothing for sleep.

If your baby is under a year old:
- don’t use a duvet, quilt or pillow
- don’t use electric blankets or hot water bottles
- use one or more layers of light blankets.

If you decide to swaddle your baby, don’t cover the head and only use thin materials. If you use a sheepskin take it away as soon as your baby starts trying to roll onto their tummy. If you use a baby sleeping bag, it needs to be without a hood, very lightweight and the right size around the neck so your baby won’t slip down inside the bag. Never use with a duvet.
Sleep your baby on a firm, clean, dry mattress.

I'll put him in his cot in case we fall asleep on the sofa.

It doesn't matter what kind of mattress you use, or whether it's new, as long as it
- is clean and well-aired
- is firm, not soft
- is in good condition
- fits the cot without any gaps
- doesn't sag

Mattresses with a complete PVC surface or a removable washable cover are easiest to keep clean. "Ventilated" mattresses (with holes) are not necessary and it is not possible to keep the inside clean. Never sleep your baby on a pillow, cushion, beanbag or waterbed. Never sleep together with your baby on a sofa. Make sure the cot is in good condition particularly if it's second hand or old. Check the gaps between the bars are less than 6.5cm, and the space between the mattress and cot is no more than 4cm. If you use a Moses basket, it should have only a thin lining.