



For immediate release

August 5, 2024

Contact:

Nancy Cowles, KID; nancy@kidsindanger.org; (312) 218-5593

Courtney Griffin, CFA; cgriffin@consumerfed.org; (202) 567-7240

Michelle Barry, Safe Infant Sleep; michelle.barry@safeinfantsleep.org

Congress Introduces Bills to Protect Infants from Hazardous Weighted Sleep Products

WASHINGTON, DC — Senator Richard Blumenthal (D-CT) and Reps. Tony Cárdenas (D-CA-29) and Kim Schrier, M.D. (D-WA-08) introduced the *Safeguarding Infants from Dangerous Sleep Act* in the U.S. Senate and House that would ban weighted sleep products for infants. Consumer Federation of America (CFA), Kids In Danger (KID), and Safe Infant Sleep applaud the introduction of this legislation to protect infants from these inherently dangerous products.

The bills define “weighted sleep product for infants” as a wearable blanket, sleep sack, swaddle, or similar product for a child up to one year old that includes materials that add weight to the product for a purpose other than for insulation or decoration. Proponents say these products can help babies sleep more deeply and longer, but there is little evidence supporting their safety and effectiveness. The American Academy of Pediatrics (AAP) first warned against weighted sleep products in their [2022 revised safe sleep guidelines](#) and again in a [2023 letter to the U.S. Consumer Product Safety Commission \(CPSC\) Chairman](#).

Annually, approximately 3,400 sleep-related infant deaths occur in the U.S., often linked to unsafe sleep environments. The AAP emphasizes that impaired arousal from sleep, a potential effect from weighted sleep products, could increase the risk of SUID. Additionally, pressure on infants’ underdeveloped rib cages could affect their breathing and heart rate.

“While some retailers have already taken action to remove these items from their sites and stores, the products are still for sale somewhere and this legislation is needed to remove them,” stated **Nancy Cowles, Executive Director of Kids In Danger**. “Keeping babies sleeping safely is hard work for new sleep-deprived parents and they need clarity that what is being sold is safe for their little one.”

“Consumer Federation of America applauds Senator Blumenthal and Representatives Cárdenas and Schrier for their introduction of this critical legislation,” said **Courtney Griffin, Director of Consumer Product Safety at Consumer Federation of America**. “Caregivers should be able to trust that products sold for infant sleep are safe, but that is not always the case. This legislation will keep babies safe.”

“In today's world, many consumers believe that if a product is sold it must be safe, especially those for babies. However, this isn't always the case,” states **Michelle Barry of Safe Infant Sleep**. “We applaud

Senator Blumenthal and Representatives Cárdenas and Schrier for their efforts in introducing legislation aimed at protecting infants, who are among the most vulnerable in our society. Parents should not have to take on the roles of researchers and investigators just to ensure the safety of their children. This legislation is a crucial step in safeguarding our youngest and most precious citizens.”

In April, [Sen. Blumenthal](#) called on the Federal Trade Commission to investigate the deceptive advertising practices of two weighted infant sleep product manufacturers that promoted the idea that the weight in these products naturally reduces stress and increases relaxation. However, the AAP stated that there is no evidence in the peer-reviewed scientific literature evaluating the safety of weighted sleep products on typical, healthy infants, and there is also nothing published regarding their use in an unmonitored setting.

Target, Walmart, Nordstrom, Babylist, and Amazon have already removed weighted infant sleepwear from their shelves and sites, but a legislative ban is necessary to codify these actions and give parents certainty about using them. The [CPSC](#), [NIH](#), [CDC](#), and [Health Canada](#) have also warned against using weighted infant swaddles and blankets.

KID, CFA, and Safe Infant Sleep call on Congress to immediately pass the *Safeguarding Infants from Dangerous Sleep Act* to protect infants from these unsafe products.

[Consumer Federation of America \(CFA\)](#) is an association of nearly 200 non-profit consumer organizations that was established in 1968 to advance the consumer interest through research, advocacy, and education.

[Kids In Danger \(KID\)](#) is a nonprofit organization dedicated to protecting children by fighting for product safety. Our mission is to save lives by enhancing transparency and accountability through safer product development, better education, and stronger advocacy for children.

[Safe Infant Sleep](#) is a nonprofit organization committed to preventing sleep-related infant deaths. Their mission is to empower families and communities to create safe sleeping environments through comprehensive education, peer-to-peer support, and unwavering advocacy for safer products and practices.