



Infant Safe Sleep


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LEARN

- The history of the “Safe to Sleep” campaign
- The importance of safe sleep practices
- How to create a safe sleep environment



Important Terms

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- A photograph of a woman with long brown hair, wearing a white shirt, smiling and holding a baby in a bed. The baby is wearing a striped shirt and is looking towards the camera. The background is a white bedsheet.
- **Sleep-related infant death:** A sudden, unexpected infant death that occurs during an observed or unobserved sleep period, or in a sleep environment.
 - **SIDS:** Cause assigned to infant deaths that cannot be explained after a thorough case investigation, including a death scene investigation, autopsy, and review of the clinical history.
 - **SUID:** A sudden and unexpected death, whether explained or unexplained (including SIDS), occurring during infancy.

True or False

1. *True or False? The rate of sleep-related infant deaths has declined substantially since the 1990s.*
2. *True or False? One way to decrease the risk of sleep-related death is to room share with infants until they are at least 6 months of age.*
3. *True or False? Putting an infant to sleep in a crib with padded cloth bumpers is a safe way to prevent sleep-related infant death.*
4. *True or False? Infants should always be placed on their side or their stomachs for safe sleep.*
5. *True or False? SIDS is most common between 1 month and 4 months.*
6. *True or False? There are ways to prevent SIDS.*



Clear the Crib Activity



- The new “Safe to Sleep” Campaign includes new factors that affect infants sleeping.



Safe Sleep for Your Baby

Each year in the United States, thousands of babies die suddenly and unexpectedly. Some of these deaths result from **Sudden Infant Death Syndrome (SIDS)** and other sleep-related causes of infant death, such as suffocation.



Breastfeeding
reduces the
risk of SIDS



Since the 1990s, when the U.S. back-sleeping recommendations were first released and public awareness efforts began, the overall U.S. SIDS rate has dropped.

But, as SIDS rates have declined, deaths from other sleep-related causes, such as suffocation, have increased, and certain groups remain at higher risk for SIDS than others.

For example, African American and American Indian/Alaska Native babies are at higher risk for SIDS than white, Hispanic, or Asian/Pacific Islander babies.

Safe Sleep Environment

To **reduce the risk** of SIDS and other sleep-related causes of infant death:



- ▶ Always place baby on his or her back to sleep, for naps and at night.



- ▶ Share your room with baby. Keep baby close to your bed, on a separate surface designed for infants.



- ▶ Use a firm and flat sleep surface, such as a mattress in a safety-approved crib*, covered by a fitted sheet with no other bedding or soft items in the sleep area.



Babies who are breastfed or are fed expressed breastmilk are at lower risk for SIDS compared with babies who were never fed breastmilk. According to research, the longer you exclusively breastfeed your baby (meaning not supplementing with formula), the lower his or her risk of SIDS.

- ▶ If you bring baby into your bed for feeding, remove all soft items and bedding from the area. When finished, put baby back in a separate sleep area made for infants.*

- ▶ If you fall asleep while feeding baby in your bed, place him or her back in the separate sleep area as soon as you wake up.



* A crib, bassinet, portable crib, or play yard that follows the safety standards of the Consumer Product Safety Commission (CPSC) is recommended. For information on crib safety, contact the CPSC at 1-800-638-2772 or <https://www.cpsc.gov>.



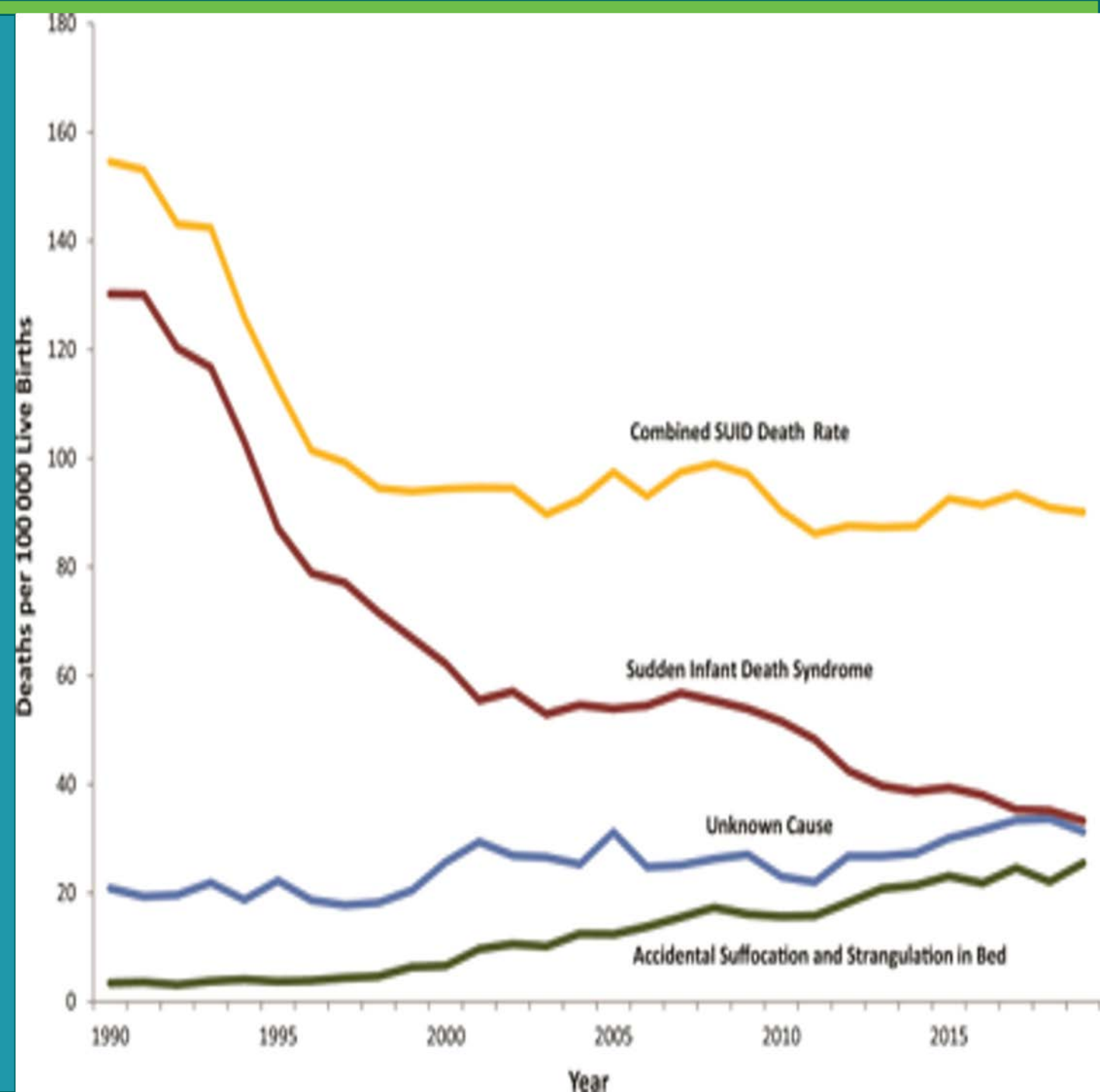
NIH Eunice Kennedy Shriver National Institute of Child Health and Human Development



Learn more about SIDS and safe infant sleep:
<http://safetosleep.nichd.nih.gov>

Statistics

- Current date demonstrates that of these 3500 annual deaths, 41% is due to SIDS, 32% is due to an unknown cause, and 27% is due to accidental suffocation and strangulation in bed.



Why Did the “Safe to Sleep” Campaign Begin

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How to Decrease Risk?



Three ways to decrease risk:

- Back Sleeping
- Safe Sleep Environment
- Encourage Healthy Development

Practicing Safe Sleep



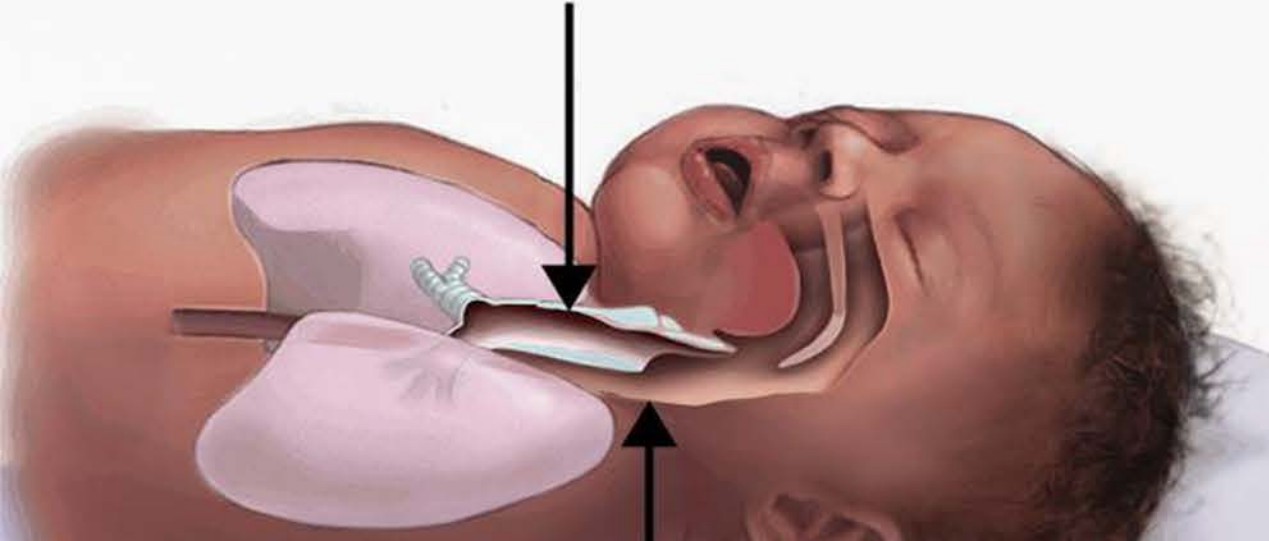
- Back Sleeping
- Safe Sleep Environment

Back Sleeping

[Play](#)

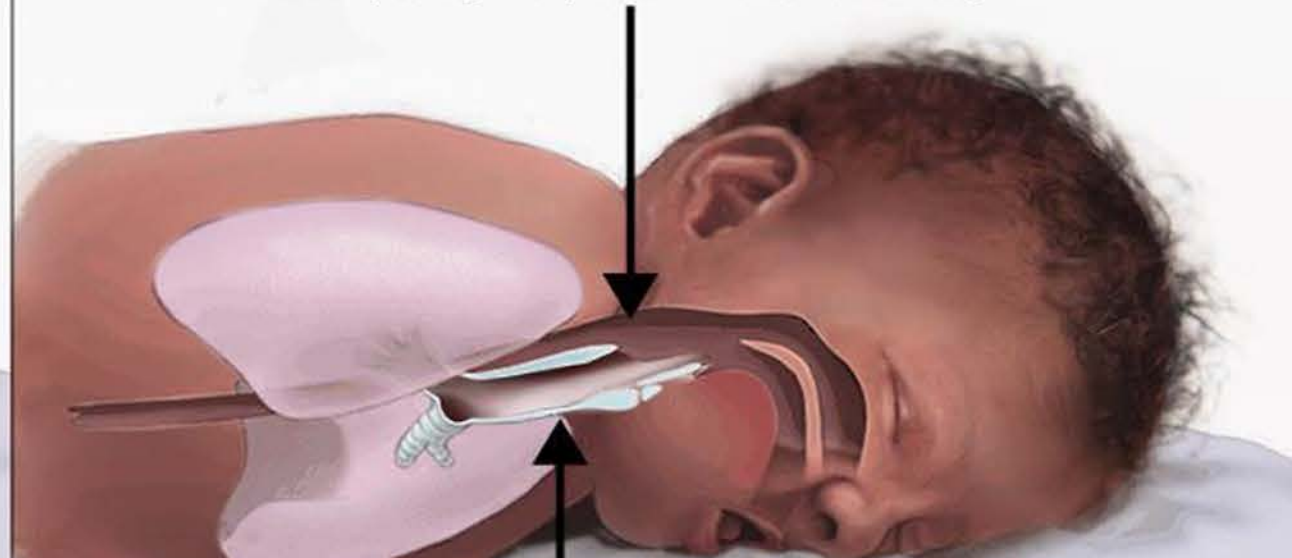
Infant in the back-sleeping position

Trachea (Tube to lungs)



Infant in the stomach-sleeping position

Esophagus (Tube to stomach)



Safe Sleep Environment

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Encouraging Healthy Development

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Encouraging Healthy Development

Links for caregiver support:

Postpartum:

[https://womensmentalhealth.org/posts/
depression-in-new-dads-pediatricians-
call-for-expanded-](https://womensmentalhealth.org/posts/depression-in-new-dads-pediatricians-call-for-expanded-)

[https://www.postpartum.net/get-
help/help-for-moms/](https://www.postpartum.net/get-help/help-for-moms/)

[https://www.postpartum.net/get-
help/help-for-dads/](https://www.postpartum.net/get-help/help-for-dads/)

Summary



Safe Sleep Web Activity

- https://safetosleep.nichd.nih.gov/modules/custom/sts_interactive_room/html/index.html

Recalled Roulette

