



REDUCING THE RISK OF SUDDEN INFANT DEATH SYNDROME

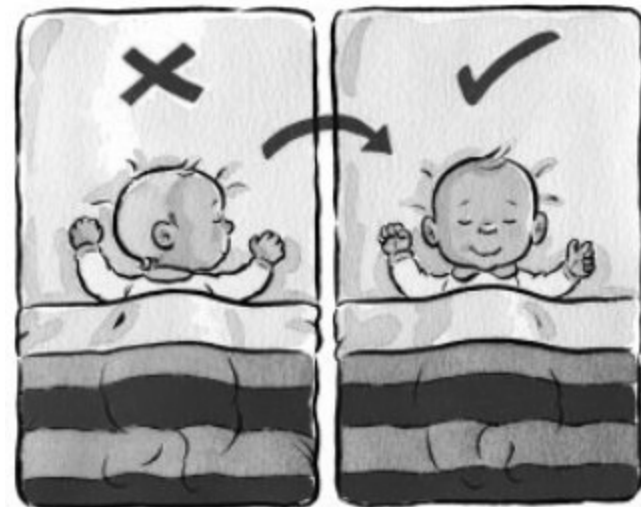


BACK TO SLEEP
HOSPITAL TO HOSPITAL
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Back to Sleep Campaign

- Promotes back sleeping as the safest sleep position for infants under 1 year of age
- Increases awareness of ways to reduce the risk of SIDS



What is SIDS?

- Sudden Infant Death Syndrome
- Sometimes called “crib death”
- Sudden and UNEXPLAINED death of a baby under 1 year old
- Number 1 cause of death in babies between 1 month and 1 year, most commonly seen in babies 2-4 months old

SIDS Statistics

- Approximately 3000 SIDS deaths occur in the US each year
- Before the recommendation to place babies on their backs to sleep, over 5000 babies died from SIDS each year
- In 2005, 82 SIDS deaths in Ohio, 23% African American

Safe Sleep Recommendations

- Place your baby on his/her back to sleep at night and naptime
- Share this advice with everyone who cares for your baby



Safe Sleep Recommendations

- Use a firm mattress in a safety approved crib or bassinet for your baby
 - Use a tight fitting sheet on the mattress



Safe Sleep Recommendations

- Remove all free blankets, bumper pads, toys, pillows, and other soft items from the baby's sleep area.



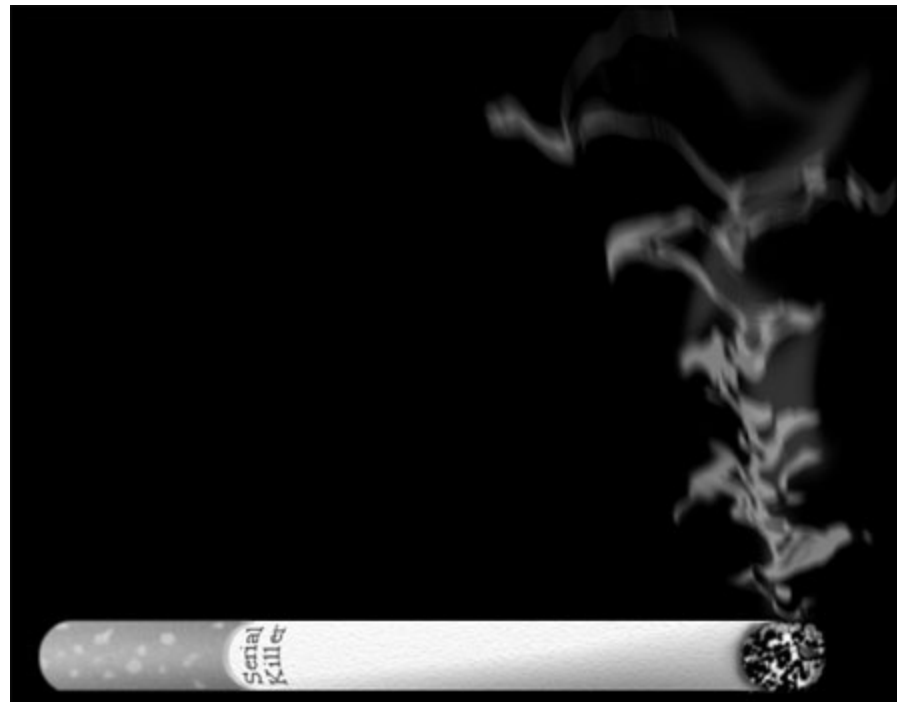
Safe Sleep Recommendations

- Keep baby's head and face uncovered during sleep
 - Free blankets are dangerous. If a blanket must be used, make sure to tuck it in under the crib and only up to the baby's chest.
 - Blanket sleepers and Sleep Sacks are good alternatives.



Safe Sleep Recommendations

- Do not let anyone smoke near your baby.



Safe Sleep Recommendations

- Do not let your baby overheat during sleep
- The baby's room should be kept between 65-71 degrees
- A baby does not need more layers than an adult does

Safe Sleep Recommendations

- Keep your baby's sleep area close to, but separate from, where you and others sleep
- Bedsharing is dangerous



Safe Sleep Recommendations

- Use a pacifier at naps and bedtime



Monitors

- Products and monitors that claim to reduce the risk of SIDS have not been tested for effectiveness or safety
- These products are not recommended

Tummy Time

- Provide “tummy time” when the baby is awake and someone is watching
 - It helps develop neck muscles and reduces the chance that flat spots will develop on the baby’s head



Frequent Questions

- Will babies choke if they spit up while sleeping on their backs?
 - Babies naturally protect their airway
 - They have a reflex to automatically swallow or cough up fluid if they throw up while on their backs

Frequent Questions

- How often should parents check on infants during sleep to make sure they have not rolled onto the belly?
 - It is unusual for a young infant to roll onto the belly
 - When babies are more developmentally advanced and do roll over, there is no evidence that they need to be repositioned.

Frequent Questions

- What about babies who have difficulty sleeping on their backs?
 - Some infants prefer belly sleeping, but this is not as safe.
 - The earlier the habit of sleeping on the back is formed, the easier it is.
 - Swaddling, pacifiers, and swings can help calm babies.

Frequent Questions

- What age can parents stop placing babies on their backs to sleep?
 - SIDS is unexplained death in infant younger than age 1
 - Continue to place babies on their backs throughout the first year of life
 - The first 6 months when infants are forming their sleeping habits are the most important in terms of back sleeping and reducing SIDS



“Now you lay me
down to sleep,
On my back for
safest keep,
It’s tummy time
when I’m awake,
but back is best for
sleeping breaks.”

-First Candle SIDS Alliance



More Information

- For more information about SIDS and the Back to Sleep Campaign
 - 1-800-505-CRIB
 - <http://www.nichd.nih.gov/SIDS>

Sources

- US Department of Health and Human Services, National Institutes of Health, <http://www.nichd.nih.gov/SIDS>
- First Candle SIDS Alliance, www.firstcandle.org
- National Institute of Child Health and Human Development, National Center on Minority Health and Health Disparities