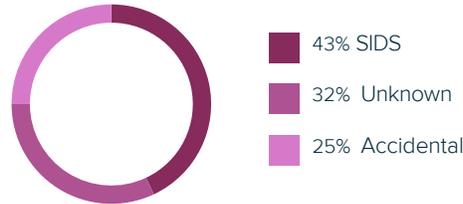


## Purpose

When an infant is put to sleep on their back in equipment designed for sleep, their risk of dying from SIDS drops drastically. Infants placed on their stomachs are thirteen times more likely to die of SIDS than children placed on their back. Children put in car seats, bouncers, or swings to sleep are at risk of asphyxia or strangulation.



## Unexpected Infant Death



In 2015 the CDC reported SIDS (43%) is the highest cause of sudden unexpected infant death, followed by unknown causes (32%), and accidental suffocation and strangulation (25%)

*CDC/NCHS, National Vital Statistics System, Mortality File*

## Car Seat Safety

Car seats are designed to keep children safe while being transported in vehicles. They are not designed as safe sleep devices and are dangerous for children to sleep in outside of vehicles. Children can suffocate or strangle on the safety straps in less than 5 minutes if left unattended to sleep.



## By the Numbers

**1** SIDS is the leading cause of death in infants between 1 month and 1 year of age

**3,500** There are approximately this many sleep-related deaths in the US each year.

**1 to 4** months when an infant is at the greatest risk for SIDS

**90%** of SIDS deaths occur before a baby reaches 6 months.

**x13** how much the risk increases when an infant is placed to sleep on their stomach.



## Baby's Anatomy

Back sleeping does not increase the risk of choking. In fact, babies may be better able to clear fluids when they are on their backs, possibly because of anatomy. When a baby is in the back sleeping position, the trachea lies on top of the esophagus. Anything regurgitated or refluxed from the esophagus must work against gravity to be aspirated into the trachea. When a baby is in the stomach sleeping position, anything regurgitated or refluxed will pool at the opening of the trachea, making it easier for the baby to aspirate or choke.

*Safe to Sleep® campaign, Eunice Kennedy Shriver National Institute of Child Health and Human Development*

## AAP Recommendations

- Back to sleep for every sleep.
- Use a firm sleep surface. A crib, portable crib, or play yard that meets the safety standards of CPSC is recommended along with a tight fitting mattress.
- Babies should never be left to sleep in a car seat.
- Keep soft objects, loose bedding, or any objects that could increase the risk of entrapment, suffocation, or strangulation out of the baby's sleep area. This included pillows, blankets, toys, and bumper pads.
- A swaddled baby must always be placed on their back.
- Try giving a pacifier at nap or bedtime. This helps reduce the risk of SIDS, even if it falls out after the baby is asleep.
- Be sure the temperature in the room is comfortable. The risk goes up when a room is too warm.