

- **A separate but close by sleeping environment is recommended**, such as a separate crib, bassinet or playyard in the parent's bedroom. **Bed sharing during sleep is not recommended.**
- **Consider offering a pacifier at nap time and bedtime:** The pacifier should be used when placing infant down for sleep and not be reinserted once the infant falls asleep.
- **Avoid overheating:** The infant should be lightly clothed for sleep, and the bedroom temperature should be kept comfortable for a lightly clothed adult.
- **Avoid commercial devices marketed to reduce the risk of SIDS:** Although various devices have been developed to maintain sleep position or reduce the risk of rebreathing, none have been tested sufficiently to show efficacy or safety.
- **Do not use home monitors as a strategy to reduce the risk of SIDS:** There is no evidence that use of such home monitors decreases the risk of SIDS.
- Avoid development of positional plagiocephaly (flat back of head):
Encourage "tummy time." Avoid having the infant spend excessive time in car-seat carriers and "bouncers." Place the infant to sleep with the head to one side for a week and then changing to the other.
- **Assure that everybody caring for the infant (child care provider, relative, friend, babysitter) is aware of these recommendations.**



Tips to Prevent SIDS



Fighting To End The Tragedy of SIDS
for Brian - 6/01/04 ~ 9/28/04

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Despite major decreases in the incidence of Sudden Infant Death Syndrome (SIDS) over the past decade, SIDS is still responsible for more infant deaths from one month to one year of age in United States than any other cause of death during infancy.

In an updated policy statement on “The Changing Concept of Sudden Infant Death Syndrome: Diagnostic Coding Shifts, Controversies Regarding the Sleeping Environment, and New Variables to Consider in Reducing Risk,” the American Academy of Pediatrics (AAP) addresses several important issues.

The AAP does not recommend side sleeping as a reasonable alternative to supine (lying on back) sleeping. Studies have found that the side sleep position is unstable and increases the chances of the infant rolling onto his or her stomach. **Every caregiver should use the back sleep position during every sleep period.**

Bed sharing is not recommended during sleep.

Infants may be brought into bed for nursing or comforting, but should be returned to their own crib or bassinet when the parent is ready to return to sleep. However, there is growing evidence that room sharing (infant sleeping in a crib in parent’s bedroom) is associated with a reduced risk of SIDS. The AAP recommends a

separate but close-by sleeping environment.

Research now indicates an association between pacifier use and a reduced risk of SIDS.

The AAP recommends the use of pacifiers at nap time and bedtime throughout the first year of life. The AAP recommends that pacifier introduction for breastfed infants be delayed until one month of age to ensure that breastfeeding is firmly established. In addition, if the infant refuses the pacifier, it should not be forced. There is a slight increased risk of ear infections associated with pacifier use, but the incidence of ear infection is generally lower in the first year of life, especially the first six months, when the risk of SIDS is the highest.

The following have been consistently identified as risk factors for SIDS:

- prone (lying on stomach) sleep position
- sleeping on a soft surface
- maternal smoking during pregnancy
- overheating
- late or no prenatal care
- young maternal age
- preterm birth and/or low birth weight

- boys are at greater risk

African and American Indian/Alaska Native children have two to three times greater SIDS death rates than white and Asian babies. It is particularly important that they be aware of these risk reduction tips.



The AAP recommends:

- **Back to sleep:** Infants should be placed for sleep in a supine (on their backs) for every sleep.
- **Use a firm sleep surface:** A firm crib mattress, covered by a sheet, is the recommended sleeping surface.
- **Keep soft objects and loose bedding out of the crib:** Pillows, quilts, comforters, sheepskins, stuffed toys and other soft objects should be kept out of an infant’s sleeping environment.
- **Do not smoke during pregnancy:** Also avoiding an infant’s exposure to second-hand smoke is advisable for numerous reasons in addition to SIDS risk.

