Safe Sleep for Babies: Eliminating Hazards

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Sleep-Related Infant Deaths

- Each year, there are about 3,500 sleep-related deaths among U.S. babies.

The decline in sleep-related infant deaths has slowed since the late 1990s.
Recommendations from the American Academy of Pediatrics (AAP)

- Recommendations from the AAP to reduce the risk of all sleep-related infant deaths include:
  - Placing the baby on his or her back at all sleep times – naps and night.
  - Using a firm sleep surface, such as a mattress in a safety-approved crib.
  - Keeping soft objects, such as pillows and loose bedding out of the baby’s sleep area.
  - Having the baby share your room, but not your bed.

- Research Questions:
  - What was the prevalence of unsafe infant sleep practices, by state and select maternal characteristics, in 2015?
    - Non-back sleep positioning (on stomach; on side)
    - Bed-sharing
    - Use of soft bedding
  - Has the prevalence of non-back sleep positioning changed over time (2009-2015)?
States Can

- Use PRAMS and Sudden Unexpected Infant Death Case Registry data to help develop, inform, and evaluate safe-sleep prevention practices.
- Explore opportunities with state and national partnership initiatives using evidence-based metrics:
  - Safe Sleep Collaborative Improvement and Innovation Network (CoIIN) to Reduce Infant Mortality
  - National Action Partnership to Promote Safe Sleep Improvement and Innovation Network (NAPPSS-IIN)
Healthcare Providers Can

- Advise caregivers on safe sleep recommendations.
- Ask caregivers about how they place their baby to sleep, challenges to following recommendations, and help them find solutions.
- Model safe sleep practices.
- Follow the latest safe sleep recommendations from the AAP.
Release Date

- January 9, 2018
- Visit the Vital Signs Web page (www.cdc.gov/vitalsigns) to find the MMWR article, fact sheet, and other materials.
- Take advantage of CDC’s social media tools, such as the Vital Signs buttons and email updates.
Thank You

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