

Safe Sleep AAP Guidelines

MITCH RODRIGUEZ, MD, MBA



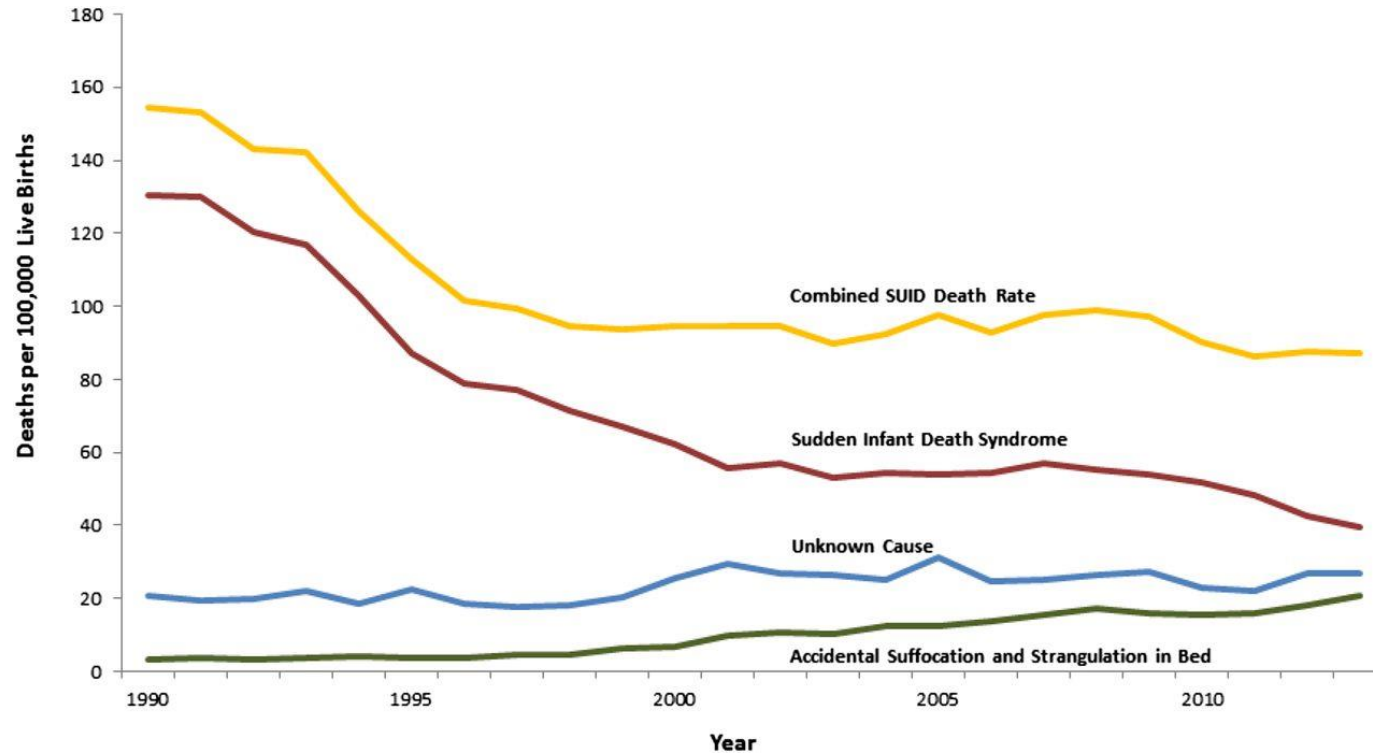
Stats

Approximately 3500 infants die annually in the United States from sleep-related infant deaths, including sudden infant death syndrome (SIDS), ill-defined deaths, and accidental suffocation and strangulation in bed.

90% of SIDS deaths occur between the second and six months.

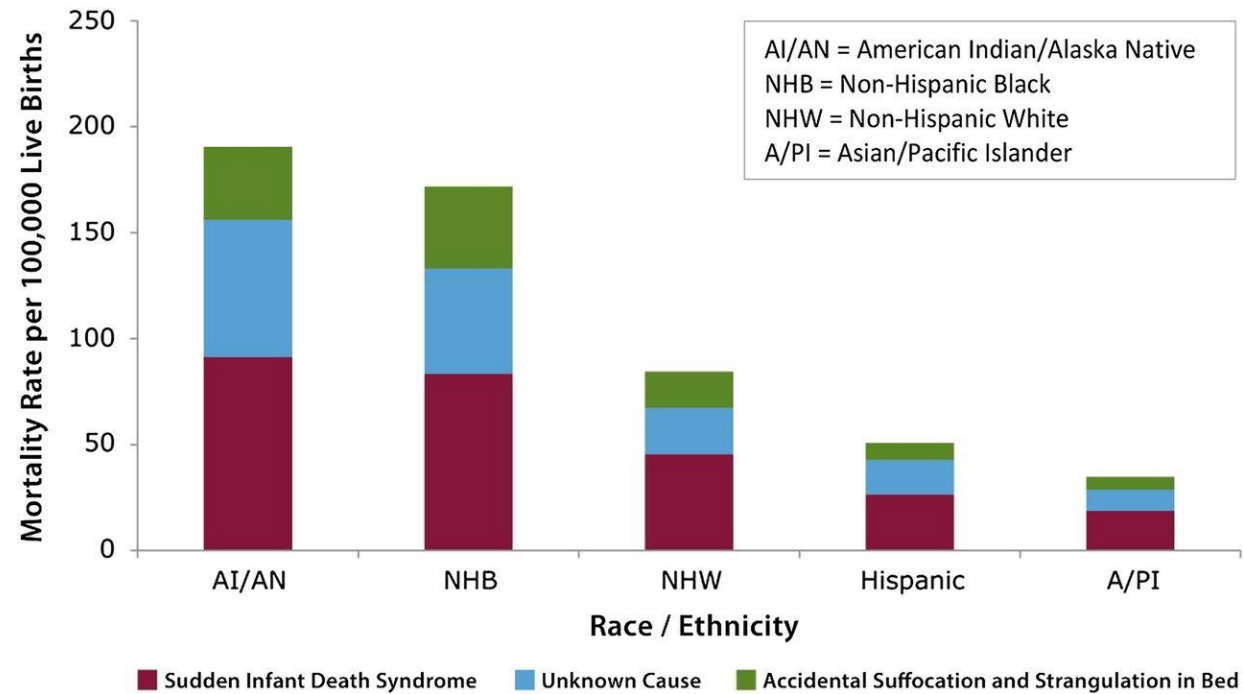
In a study done in San Diego more than 57% of the babies who died of SIDS had at least three risk factors.

Trends in SUID, 1990-2013



Trends in SUID by cause, 1990–2013. Source: Centers for Disease Control and Prevention/National Center for Health Statistics, National Vital Statistics System, compressed mortality file. (Figure duplicated from <http://www.cdc.gov/sids/data.htm>.)

SUID by Race/Ethnicity, 2010-2013



SUID by race/ethnicity, 2010–2013. Source: Centers for Disease Control and Prevention/National Center for Health Statistics, National Vital Statistics System, period-linked birth/infant death data. (Figure duplicated from <http://www.cdc.gov/sids/data.htm>.)

AAP

Always place your baby on his or her back for every sleep time.

Always use a firm sleep surface. Car seats and other sitting devices are not recommended for routine sleep.

The baby should sleep in the same room with parents but not the same bed (room-sharing without bed-sharing)

Keep soft objects or loose bedding out of the crib. This includes pillows, blankets and **bumper pads**.

Wedges and positioners should not be used.



AAP

Pregnant woman should receive regular prenatal care.

Don't smoke during pregnancy or after birth.

Breastfeeding is recommended.

Offer a pacifier at nap time and bedtime.

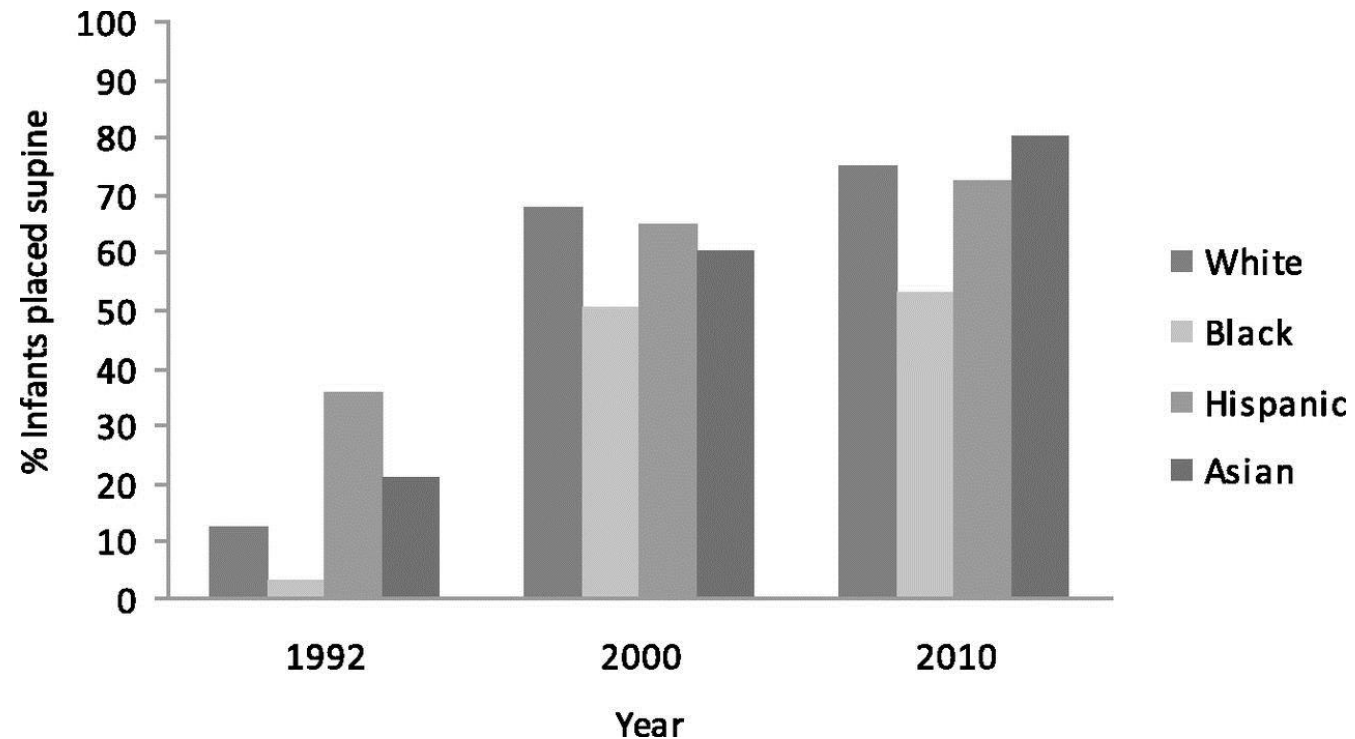
Avoid covering the infant's head or overheating.

Do not use home monitors or commercial devices marketed to reduce the risk of SIDS

Infants should receive all recommended vaccinations.

Supervised, awake tummy time is recommended daily to facilitate development and minimize the occurrence of positional plagiocephaly (flat head)

Changes in Supine Sleep Positioning



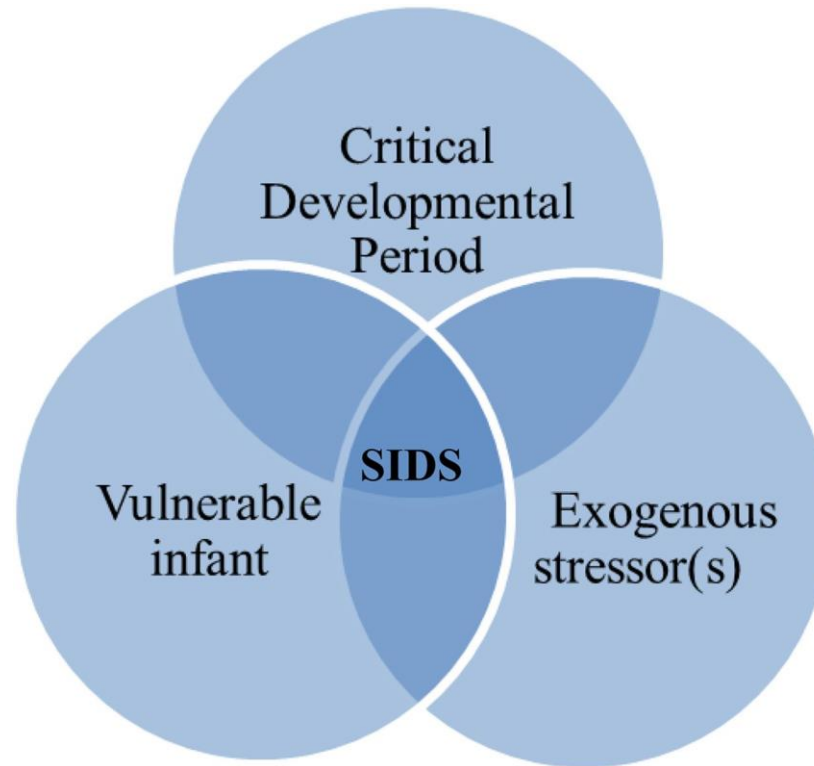
Prevalence of supine sleep positioning by maternal race and ethnic origin, 1992–2010. Source: National Infant Sleep Position Study. Note that data collection for the National Infant Sleep Position Study ended in 2010.

Influence

Parents and caregivers who took part in the NICHD in the National Infant Sleep position study reported that advice from a health care provider influenced their decisions to place babies on their backs to sleep and to avoid sharing an adult bed with their baby.

Modeling behavior.

Triple Risk Model for SIDS



Triple risk model for SIDS. Adapted from Filiano and Kinney.²⁶

The
End
(Almost)

