

Reducing the Risk of Sleep-related Infant Death

- **Back to Sleep.** Place a baby to sleep on his or her back (not side or tummy)—every time.
- **Babies should sleep in their own safe place.** Babies should not sleep in a bed, couch or armchair, or with adults or other children.
- **Firm sleep surface.** Place the baby to sleep in a bassinet, crib, cradle, or portable crib on a firm mattress with a tight-fitted sheet. Be sure the crib is safety approved with slats no more than 2-3/8" apart. (See the U.S. Consumer Product Safety Commission website at <http://www.cpsc.gov/cpscpub/pubs/cribsafe.html> or call 1-800-638-2772).
- **Safe sleep environment.** No fluffy or loose bedding, soft objects, or toys should be kept in the baby's sleep area. Don't use pillows, blankets, quilts, sheepskins, or pillow-like crib bumpers in the baby's sleep area, and keep all items away from the baby's face.
- **Sleep near, but separate from your baby.** Breast feeding and bonding with your baby can be done in bed, but before you sleep, put baby in his or her own bassinet, crib or cradle.
- **No smoking around the baby** during pregnancy or after the birth of the baby. Make your baby's home smoke-free and ask others not to smoke around the baby.
- **Avoid overheating.** Dress the baby in light sleep clothing and keep the room at a temperature that is comfortable for an adult.
- **Consider using a clean, dry pacifier** when placing the baby down to sleep, but don't force the baby to take it. If breastfeeding, wait until the baby is used to breastfeeding before using a pacifier.

Talk about these sleep rules with child care providers, grandparents, babysitters, and everyone who cares for your baby.

As more research is conducted on infant sleep position and SIDS, the partners in the *Back to Sleep* campaign (see below) will continue to modify their recommendations so that the most scientifically sound information is communicated to families and caregivers.

Sources:

National Institute of Child Health and Human Development. Safe to Sleep Public Education Campaign. Available at <http://www.nichd.nih.gov/sids/>.

Safe to Sleep is an expansion of the original Back to Sleep campaign started in 1994. The expanded Safe to Sleep campaign builds on the success and reach of the Back to Sleep campaign. In addition to strategies for reducing the risk of SIDS, Safe to Sleep also describes actions that parents and caregivers can take to reduce the risk of other sleep-related causes of infant death, such as suffocation.

Safe to Sleep campaign collaborators include the National Institute of Child Health and Human Development (NICHD); the Maternal and Child Health Bureau of the Health Resources and Services Administration (HRSA); the Centers for Disease Control and Prevention (CDC), Division of Reproductive Health; the American Academy of Pediatrics (AAP); the American College of Obstetricians and Gynecologists (ACOG); First Candle; and the Association of SIDS and Infant Mortality Programs (ASIP).

National Sudden and Unexpected Infant/Child Death and Pregnancy Loss Resource Center. Available at www.sidscenter.org

American Academy of Pediatrics. Task Force on Sudden Infant Death Syndrome Policy Statement. SIDS and Other Sleep-Related Infant Deaths: Expansion of Recommendations for a Safe Infant Sleeping Environment *Pediatrics*, 2011:128, Available at <http://pediatrics.aappublications.org/content/128/5/e1341.full.pdf+html?sid=60ee1936-cdcf-430c-b7d8-0bf5afd7a824>

U.S. Consumer Product Safety Commission. Crib Safety Tips. Available at <http://www.cpsc.gov/cpsc/pub/pubs/cribsafe.html>. Accessed May 28, 2009.



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