



## SAFE TO SLEEP

Prevention of Sudden Unexpected Infant Death (SUID/SIDS)

### SUID/SIDS FACTS

#1

cause of infant deaths between the ages of 1 month to 1 year of age in the United States

>60%

of parents report bedsharing

~40%

of parents use soft bedding with their babies

>20%

of parents report not doing back to sleep

>50%

of websites had inaccurate information regarding safe sleep practices for infants

use trusted sources

[www.safetosleep.nichd.nih.gov](http://www.safetosleep.nichd.nih.gov)

[www.healthychildren.org](http://www.healthychildren.org)

3,600

infants died from SUID in 2017. Since 2011, the rates of SUID have been rising. It is approximately 100 deaths per every 100,000 live births.

### Ways to Prevent SUID/SIDS



Avoid smoke exposure



Avoid alcohol and drugs



Regular prenatal care



Exclusive breastfeeding for the first 6 months



Pacifier use after the first month



Avoid overheating of the baby



Alone, on their Back, in a Crib with a firm mattress  
Decreases SUID/SIDS



Healthcare professionals should endorse safe sleep recommendations from birth



Infant should get immunizations that follow the AAP and CDC schedule