What is SIDS?

• **SIDS:** The sudden, unexplained death of a baby younger than 1 year of age that doesn’t have a known cause even after a complete investigation (complete autopsy, examination of the death scene, and review of the clinical history).

• **SUID:** Death of an infant less than 1 year of age that occurs suddenly and unexpectedly. After a full investigation, these deaths may be diagnosed as suffocation, asphyxia, entrapment, infection, ingestions, metabolic diseases, cardiac arrhythmias, trauma (accidental or non-accidental), or SIDS.

• In some cases, where the evidence is not clear or not enough information is available, the death is considered of undetermined cause.
U.S. Rates of SIDS and Other Sleep-Related Causes of Infant Death (2005-2011)

Rates of SIDS and Other Sleep-Related Causes of Infant Death (2005–2012)

Source: National Center for Health Statistics, CDC
What should I know about SIDS?

- SIDS is the leading cause of death among infants between 1 month to 1 year of age.

- The number of sleep-related deaths due to Sudden Unexpected Infant Death (SUID), including SIDS, is nearly 3,400 deaths per year nationwide.

- There are no national standards regarding infant death investigations or consensus on sleep-related infant death classification.

- Despite the decrease in SIDS rates, African American and American Indian/Alaska Native babies are at a higher risk for SIDS.
Key Messages

- Always **place baby on back** for naps and at night.

- Put baby in a separate sleep area in the same room, next to where you sleep.
  - Room sharing not bed sharing
  - If breastfeeding in bed, make sure to place baby in a crib, bassinet, or play yard next to the bed when finished.

- Use a firm sleep surface, such as a mattress in a safety-approved* crib, covered by a fitted sheet, with **no blankets, soft objects, or toys**.

Supporting Messages

- Avoid smoke exposure during pregnancy and after birth
- Avoid alcohol and illicit drug use during pregnancy and after birth
- Breastfeed baby
- Get prenatal care
- Consider giving a pacifier at sleep time
Supporting Messages (cont’d)

• Avoid overheating
• Do not use home breathing and heart monitors to reduce SIDS
• Get well-baby checkups and vaccines
• Avoid commercial devices marketed to reduce SIDS
• Give supervised Tummy Time
Safe to Sleep® Resources

For Parents/Caregivers:

- Brochures for general outreach, African American, American Indian/Alaska Native, and Hispanic communities
- Door hangers for general outreach, African American, and Hispanic communities
- A grandparents brochure on safe infant sleep (English and Spanish)
- A safe sleep environment one-pager (English and Spanish)

For Health Care Providers:

- A Continuing Education program on SIDS risk reduction for nurses and pharmacists
- A health care provider Q&A booklet

For General Education Training:

- A Safe Infant Sleep video
- An interactive online tool on safe infant sleep
- Healthy Native Babies Project materials for American Indians/Alaska Native communities
Contact Info

Contact the Safe to Sleep® campaign at:

1-800-505-CRIB (2742)

or

http://safetosleep.nichd.nih.gov