

Safe Sleep San Joaquin

Keeping Your Baby Safe
While Sleeping



PRE-QUIZ



Pre-Quiz

What is the leading cause of death for babies between 1 month to 1 year old in the United States?

- A. Shaken baby syndrome**
- B. Failure to thrive**
- C. Automobile accidents (improper use of car seats)**
- D. Sudden Infant Death Syndrome**



Pre-Quiz

The safest way to prepare a crib is by placing soft pillows, blankets and bumper pads in it.

- True**
- False**



Pre-Quiz

Babies should be placed to sleep on a _____ mattress.

- A. Firm**
- B. Soft**
- C. Adult**
- D. Foam**



Pre- Quiz

If you don't have a crib or bassinet, it's also safe for your baby to sleep in a swing, bouncer, car seat, or Rock 'N Plays.

- True
- False



Pre-Quiz

**Sleep related deaths
include all of the
following EXCEPT:**

- A. Overheating**
- B. Head injury from falling off the bed**
- C. Sudden Infant Death Syndrome**
- D. Suffocation**



Pre-Quiz

About 90% of SIDS deaths occur in the first 6 months of life.

- True
- False



Pre-Quiz

**What is the safest
position to place a baby
to sleep?**

- A. On their stomach**
- B. On the side**
- C. On their back**
- D. Any of the above**



Pre-Quiz

Supervised “tummy time” includes allowing your baby to sleep on their stomach.

- True
- False



Pre-Quiz

Safe sleeping environments lower the risk of infant sleep related deaths.

- True
- False



Objective

By the end of this presentation, you will be able to describe:

- Types of sleep related deaths
- Sleeping practices, products, and environments that are **unsafe** because they increase the risk of infant death
- What experts and doctors recommend doing to keep your baby **safe** during sleep



Sudden Unexpected Infant Deaths (SUID)

- SUID include three types of sleep related infant deaths:

1. Sudden Infant Death Syndrome (SIDS)

SIDS is defined as the sudden death of an infant less than 1 year of age that cannot be explained after a thorough investigation, including a complete autopsy, examination of the death scene, and a review of the clinical history.

2. Undetermined/Unknown Cause

When the medical examiner cannot say for sure what caused the death in their medical opinion due to one or more competing manners of death when all available information is considered (scene investigation, autopsy, and medical history).



Sudden Unexpected Infant Deaths (SUID)

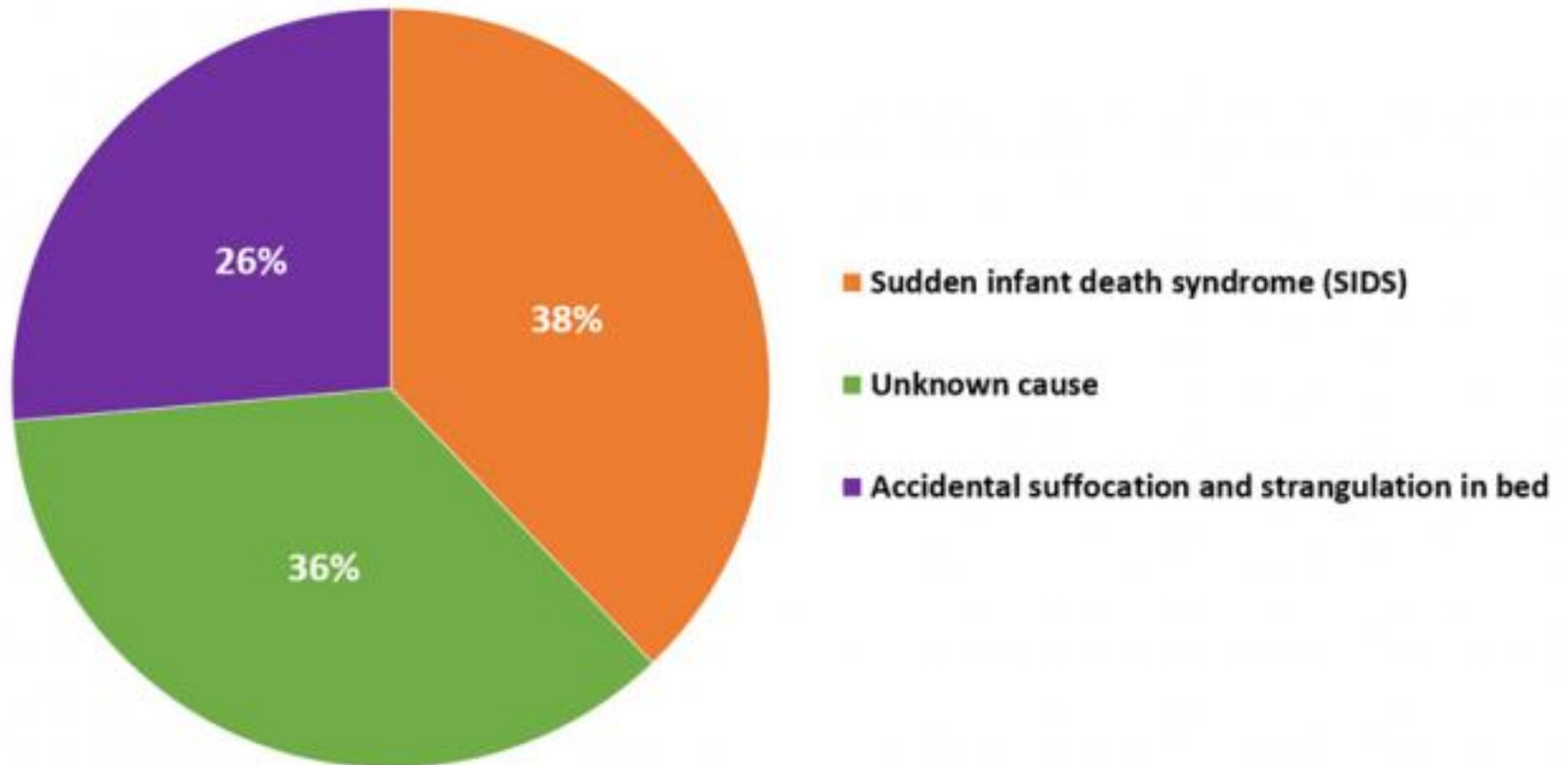
3. Accidental Suffocation and Strangulation in Bed

Types of accidental suffocation include:

- **Suffocation** by soft bedding—for example, when a pillow or blanket covers an infant's nose and mouth
- **Overlay**—for example, when another person rolls on top of the infant while sleeping
- **Wedging or entrapment**—for example, when an infant is wedged between two objects such as a mattress and wall, bed frame, or furniture
- **Strangulation**—for example, when an infant's head and neck become caught between crib railings
- **Positional Asphyxia** – suffocation due to the baby's body and neck position closing their airway (chin on chest)



SUID in the United States, 2017



Source: Centers for Disease Control, 2017



Why Is Safe Sleep Important?

Over 3,600 Babies

in the United States (U.S.) die suddenly and unexpectedly in their sleep each year

5-6 Babies

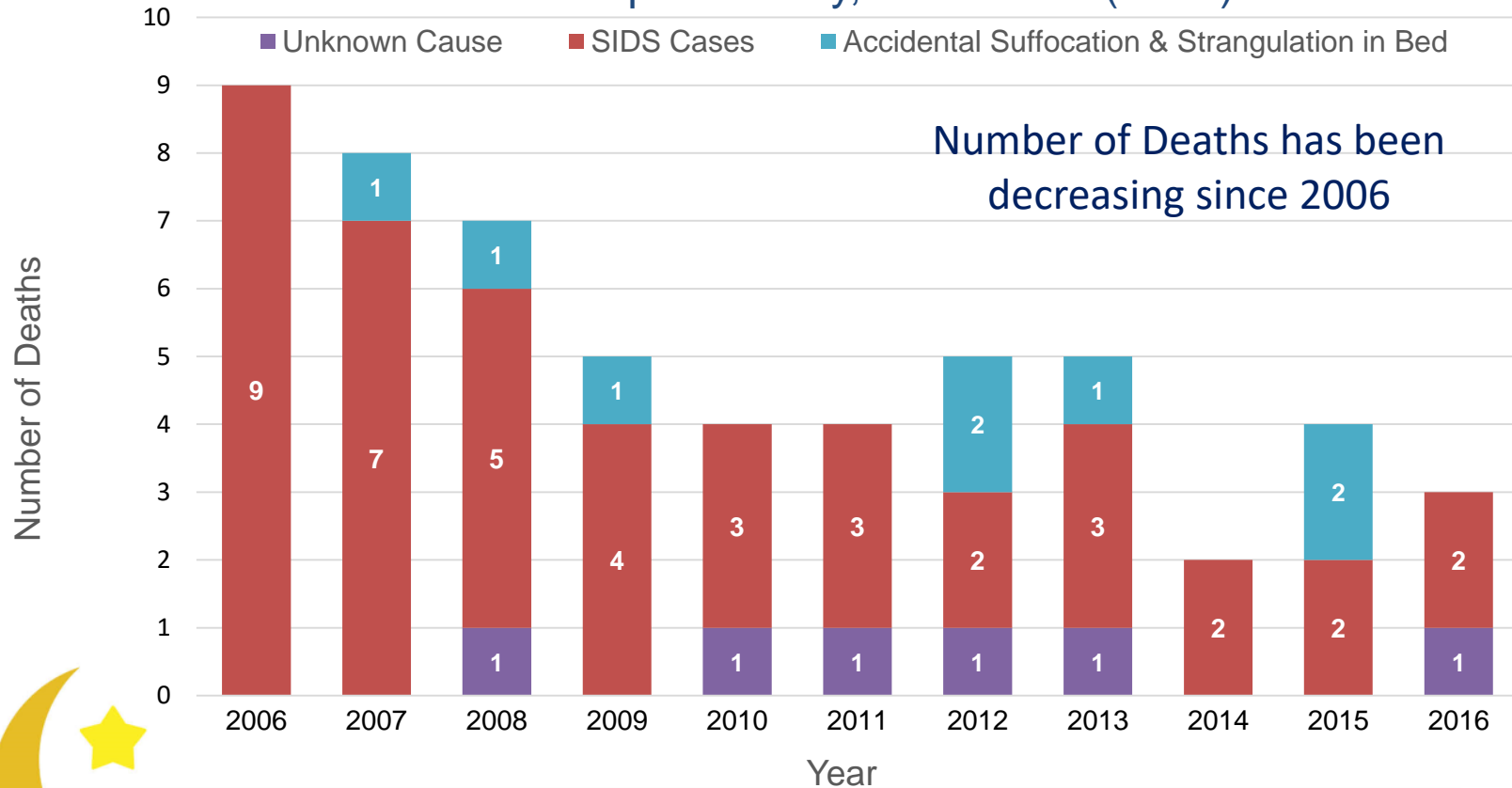
In San Joaquin County die suddenly and unexpectedly in their sleep each year

In 2017, there were over
1,400 SIDS deaths and
900 accidental suffocation/
strangulation deaths in the U.S.



San Joaquin County Data

Sudden Unexpected Infant Deaths (SUID) by Cause, San Joaquin County, 2006-2016 (n=56)



Sudden Infant Death Syndrome (SIDS)

- SIDS is the **number one leading cause of death** in the U.S. for babies over one month old
- It is **the fourth leading cause of death** of all babies in the U.S. after birth defects, prematurity, and complications of pregnancy
- Most SIDS deaths occur between **one month to four months** of age
- **90%** of SIDS deaths happen before six months of age
- Older babies have higher rates of suffocation (versus SIDS) due to moving around more in their sleep

What Can We Do?



- **Place all babies to sleep safely**
 - Follow guidelines made by experts and doctors that have been shown to lower the risk of sleep related deaths
- **Teach our friends, family and caregivers about the **ABC's** of safe sleep**
 - About 1 in 5 SIDS deaths occur while the baby is being cared for by someone other than the parents

The ABC's of Safe Sleep



Alone

- Experts agree that babies are safest when they sleep **alone**
- On their own sleep surface separate from any other adult or child (but in the same room as you)
- Without any pillows, blankets, loose sheets, any other soft bedding, toys, bumpers, other soft accessories, or anything else in their sleep area



On Their **B**ack

For every naptime and at nighttime, put your baby to sleep on their **back**



Crib

- **Cribs** and bassinets are the safest places for a baby to sleep
- There should be nothing inside except a firm mattress with a fitted sheet



Types of Safe Sleep Areas

✓ **A bassinet** is a bed specifically for babies from birth until they reach 15-20 lbs., depending on the manufacturer (check your label)



✓ **A Crib** is a baby bed with railing spaces no more than 2- 3/8 inches apart (that means a can of soda cannot fit through the spacing)



✓ **Portable Crib / Play Pen / Play Yard** is a framed enclosure with a floor and mesh or fabric side panels



Unsafe Sleep Positions (Stomach)

Stomach sleeping significantly increases the risk of SIDS:

- Can cause rebreathing of carbon dioxide and lower oxygen levels
- Not enough strength to push face away from soft surfaces
- Longer, deeper sleep is associated with SIDS
- When babies who usually sleep on their back, sleep on their tummy for the first time, the risk of death is much higher
- When babies sleep on their tummy on top of a loose blanket or adult bed, the risk of death is much higher

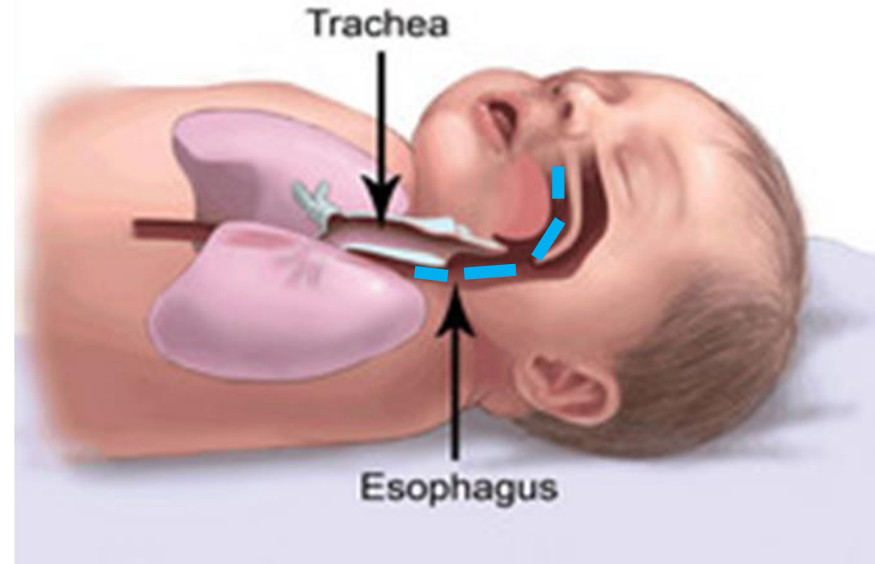
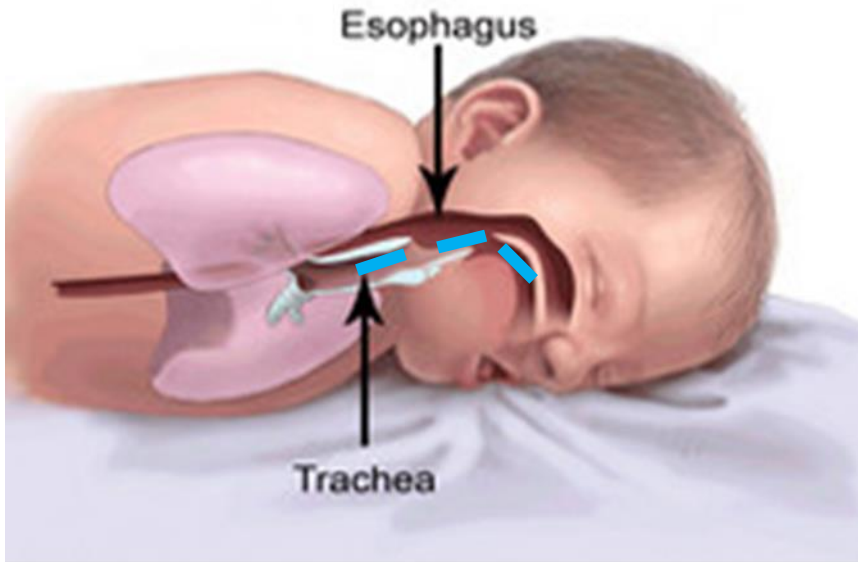


Unsafe Sleep Positions (Side)

- Side sleeping babies usually roll onto their stomachs
- Parents might prop them up causing an even more unsafe sleep environment
- Even when babies can roll over they should always be placed on their backs to sleep



Will my baby choke if I put him on his back?



Unsafe Sleep Products

- Many infant deaths have occurred due to sleeping in baby products (e.g., bouncers, swings, pillows, Rock 'N Plays, Dock-a-tots, or even uninstalled car seats at home)
- These products may put a baby's chin to rest on their chest during sleep:
 - Causing airway closures,
 - Lowering oxygen levels, and
 - Increasing the risk of death due to positional asphyxia



Unsafe Sleep Products



Unsafe Sleep Surfaces

- Do not place your baby to sleep on any couch, sofa, armchair, beanbag, or waterbed
- **These soft surfaces have the highest rates of infant deaths and increase risk of death by 18 times**
 - The risk of death is especially high when you sleep together with your baby on these surfaces



OTHER WAYS TO REDUCE THE RISK OF SLEEP-RELATED DEATHS



Avoid Smoke

- Babies of moms who smoke are 2-3 times more likely to die of SIDS
- Keep your baby away from secondhand and third-hand smoke.
- Third-hand smoke residue on clothes, skin, and hair increases the risk of SIDS, ear infections, asthma, allergies, more frequent colds
- Ask anyone who smokes to wash their hands and face and change jacket/shirt before holding your baby



Avoid Swaddling



- Swaddling is a popular practice, and may help some newborns sleep a little longer, but we now know that it comes with risks
- Longer, deeper sleep increases the risk of SIDS
- Swaddles can become loose and undone, and suffocate the baby
- Can cause overheating

Avoid Swaddling



- Babies might roll over and not be able to use their arms to protect themselves from suffocation
- Studies have shown that if babies legs are straight and swaddled too tightly, it can cause serious hip joint issues
- Swaddling is not recommended due to these risks



Avoid Overheating

- Do not overdress the baby - maximum one layer more than adult
- Room temperature should be between 65-70 degrees - comfortable for an adult in a short-sleeved shirt
- Use breathable cotton fabrics
- Do not use blankets on top or underneath the baby – if baby is cold, use a [sleep sack or wearable blanket](#)
- Wearing a hat during sleep can increase the risk of SIDS by 7 times
- Your baby is too hot if you notice sweating, wet hair, red cheeks, or fast breathing



Avoid Bed-Sharing

- Experts recommend room-sharing but not bed-sharing. Bed-sharing increases the risk of infant death due to:
 - Pillows and bedding
 - Overlay (smothering)
 - Entrapment between bed and wall
 - Soft mattresses
 - Heavy blankets causing overheating

Remember To Room-Share,
Not Bed-Share



Bed-Sharing is **especially dangerous** when:

- The sleep surface is a couch, sofa, chair, waterbed, beanbag, etc.
- Any adult in the bed is a smoker
- The baby's mother smoked at any time during the pregnancy
- The baby was born premature OR low birth-weight (under 5 lbs 8 oz)
- Another child is in the bed
- The baby is less than 4 months old
- There are pillows or blankets near the baby
- Any adult in the bed has been drinking alcohol, taking drugs, or any medications that make them sleepy
- Any adult in the bed is a deep sleeper or feels extra tired
- Another adult is in the bed besides the mother



Do Breastfeed

- Breastfed babies have a significantly lower risk of SIDS
- Breastfeeding for at least **2 months lowers the risk of SIDS in half**, even if partially breastfeeding (more protection with longer and exclusive breastfeeding)

Note:

- New moms don't get enough sleep and are exhausted. During breastfeeding, the mother's brain releases chemicals and hormones which makes them *very* sleepy
- Make sure to have a partner or family member check on you to make sure you don't fall asleep while feeding the baby in an unsafe environment or unsafe position

Do Tummy Time While Awake

- Tummy time helps babies develop strong muscles in their necks, backs, arms, and shoulders.
- This strength might help them get out of unsafe positions, possibly reducing the risk of suffocation.
- Place your awake baby on his tummy on a flat, solid surface like the floor.
- Place a toy in front of him, get on the floor and engage him to play.
- Be sure your baby gets some tummy time each day **starting from birth**. Newborns can start on your chest or lap until they are a few weeks old.

*Back to Sleep,
Tummy to Play*



Do Offer a Pacifier

- Research shows babies who took a pacifier during sleep were less likely to die from SIDS (50% - 90% less likely).
- Unclear why, but maybe the action of sucking keeps baby's brain more active during sleep.
- Introducing a pacifier too early may negatively affect breastfeeding success for some people. Wait until you feel that breastfeeding is going well for you and baby.



Do Room Share

- Room sharing is recommended ideally for 1 year, and is especially recommended for at least the first 6 months
- Room sharing can decrease SIDS by 50%



Activity Time



What's wrong with these sleep areas?



“But my baby won’t sleep that way”

- Waking up often is **NORMAL** and **HEALTHY** for babies
- This is temporary and it will get better soon
- Babies have several growth spurts in their brain development which changes their brain waves and sleep patterns. Sleep patterns will get better and worse and better and worse – this is **normal**
- Do **not** start unsafe sleeping habits – instead, ask for help
- Talk to doctors and other experts about ways to help your baby sleep better

Post-Quiz



Post-Quiz

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Post-Quiz

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True

False



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Babies should be
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Post-Quiz

If you don't have a crib or bassinet, its also safe for your baby to sleep in a swing, bouncer, car seat, or Rock 'N Play.

True

False

Post-Quiz

Sleep related deaths include all of the following EXCEPT:

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B. Head injury from falling off the bed

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Post-Quiz

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D. Any of the Above



Post-Quiz

Supervised “tummy time” includes allowing a baby to sleep on their stomach.

True

False



Post-Quiz

Safe sleeping environments lower the risk of infant sleep related deaths

True

False



Share the Information

Teach your family and friends
the **ABC's** of Safe Sleep

A. Alone

B. On their Back

C. And in a Crib



Resources

- Centers for Disease Control and Prevention (CDC)
<https://www.cdc.gov/sids/index.htm>
- Healthy Children (American Academy of Pediatrics)
<https://www.healthychildren.org/English/ages-stages/baby/sleep/Pages/A-Parents-Guide-to-Safe-Sleep.aspx>
- National Institute of Health
<https://safetosleep.nichd.nih.gov>



References

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- Moon RY and AAP TASK FORCE ON SUDDEN INFANT DEATH SYNDROME. SIDS and Other Sleep-Related Infant Deaths: Evidence Base for 2016 Updated Recommendations for a Safe Infant Sleeping Environment. *Pediatrics*. 2016;138(5): DOI: 10.1542/peds.2016-2938

this technical report includes 400 sources of research



Thank you!

For more information, contact:

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