



SIDS Facts

What we know about SIDS:

1. It occurs in all kinds of families.
2. It occurs in seemingly healthy infants.
3. It has nothing to do with race or economic status.
4. It occurs most often in fall and winter months.
5. Most deaths happen before six months of age, and especially between one and four months of age.
6. It is the leading cause of death in infants between one month and one year of age.
7. It often happens quickly during sleep, and the infant shows no signs of suffering.
8. It occurs most often among boys, premature and low-birth weight infants, twins, and triplets.
9. It is determined as the cause of death only after all other causes have been eliminated through an autopsy, a thorough investigation of the death scene, and a review of the family history.
10. No one knows its cause.

Safe sleep top 10:

1. Always place the infant on his or her back to sleep, for naps and at night; it is the safest.
2. Always place the infant on a firm sleep surface, such as on a safety-approved crib mattress, covered by a fitted sheet. Never place the infant to sleep on pillows, quilts, sheepskins, or other soft surfaces.
3. Always keep soft objects, toys, and loose bedding out of the infant's sleep area. Do not use pillows, blankets, quilts, sheepskins, and pillow-like crib bumpers in the infant's sleep area, and keep any other items away from the infant's face.
4. Never allow smoking around the infant.
5. Keep the infant's sleep area close to, but separate from, where you and others sleep. The infant should not sleep in a bed or on a couch or armchair with adults or other children, but he or she can sleep in the same room as you. If you bring the infant into bed with you to breastfeed, put him or her back in a separate sleep area, such as a bassinet, crib, cradle, or a bedside co-sleeper (infant bed that attaches to an adult bed) when finished.
6. Think about using a clean, dry pacifier when placing the infant down to sleep, but do not force the infant to take it. (If you are breastfeeding, wait until the infant is one month old or is used to breastfeeding before using a pacifier.)
7. Do not let the infant overheat during sleep. Dress the infant in light sleep clothing, and keep the room at a temperature that is comfortable for an adult.
8. Avoid products that claim to reduce the risk of SIDS because most have not been tested for effectiveness or safety.
9. Do not use home monitors to reduce the risk of SIDS. If you have questions about using monitors for other conditions, talk to your health care provider.
10. To reduce the chance that flat spots will develop on the infant's head from too much time on his or her back, provide "tummy time" when the infant is awake and someone is watching; change the direction that the infant lies in the crib from one week to the next; and avoid too much time in car seats, carriers, and bouncers.