



Kent Health Department

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FACT SHEET

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www.kentpublichealth.org

BY THE NUMBERS

Safe Sleep for Babies

■ ■ In 2015, 35% of children in Portage County were placed in cribs/bassinets with bumpers, blankets or stuffed animals.

Source: [Portage County Community Health Assessment](#)

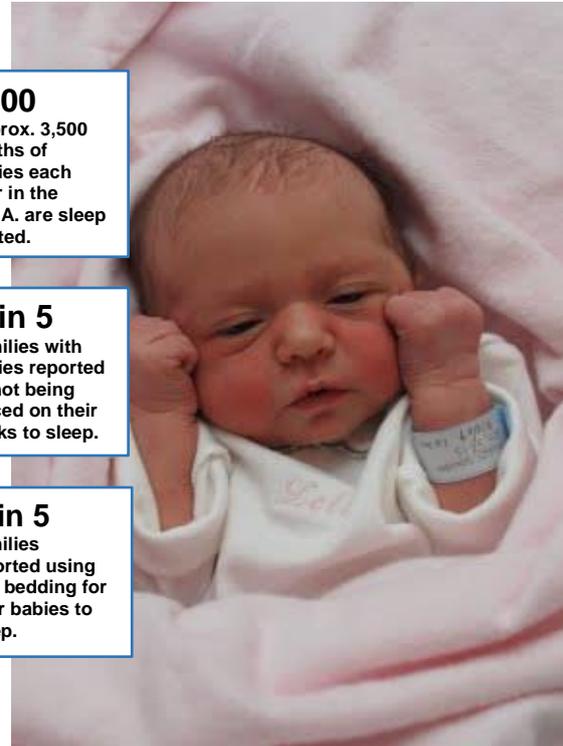
Saving Lives by Reducing Hazards

There have been dramatic improvements in reducing baby deaths during sleep since the 1990s, when recommendations were introduced to place babies on their back for sleep. However, since the late 1990s, declines have slowed. Other recommended safe sleep practices today include eliminating hazards, such as keeping blankets, pillows, bumper pads, and soft toys out of the sleep area. Recommendations also include room sharing but not bed sharing. These practices can help lower the risk of sleep-related infant deaths, including sudden infant death syndrome (SIDS), accidental suffocation, and deaths from unknown causes. Not all caregivers follow these recommendations. Healthcare providers can counsel caregivers on safe sleep practices during pregnancy and baby care visits.

Want to learn more? Source: www.cdc.gov/vitalsigns/safesleep/



Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion



3500

Approx. 3,500 deaths of babies each year in the U.S.A. are sleep related.

1 in 5

Families with babies reported as not being placed on their backs to sleep.

2 in 5

Families reported using soft bedding for their babies to sleep.

PROBLEM

There are thousands of sleep-related baby deaths every year:

- ■ The decline in sleep-related infant deaths slowed.
- ■ Nearly half of child caregivers do not receive correct advice on infant safe sleep practices.
- ■ Unsafe sleep practices within family households are more common than safe sleep practices.
- ■ 77% of families with mothers who are under 20 years of age share a bed with their babies.

SOURCE: Pregnancy Risk Assessment Monitoring System (PRAMS), 2015.

WHAT CAN BE DONE?

Everyone can:

- ■ Place babies on their back for every sleep. Keep soft bedding such as blankets, pillows, bumper pads, and soft toys out of their baby's sleep area, and room share but not bed share with babies.
- ■ Follow the latest recommendations from the American Academy of Pediatrics for safe sleep.

www.aap.org/safe-sleep

Sudden Infant Death Syndrome (SIDS)

SIDS is the diagnosis given when an infant under one year of age dies suddenly, and the incident cannot be explained by recent illness, medical history, an autopsy or the death scene itself. Risk factors for SIDS have been identified and include:

- Sleeping in the prone position (stomach sleeping)
- Soft bedding or unsafe beds (couches, daybeds, waterbeds)
- Loose bedding such as blankets and pillows
- Overheating due to clothing, blankets or room temperature
- Mother's age younger than 20 years
- Mother smoking during pregnancy
- Exposure to second-hand smoke
- Mother receiving late or no prenatal care
- Premature birth or low birth weight

(Source: National Sleep Foundation, Sudden Infant Death Syndrome and Sleep, <http://sleepfoundation.org>)



Resource:
Centers for Disease Control and Prevention
1-800-CDC-INFO(232-4636)
TTY: 1-888-232-6348
www.cdc.gov