A PARENTS & CAREGIVERS GUIDE TO SAFE SLEEP FOR INFANTS

DID YOU KNOW?
From 2003 – 2005 in Utah ...

- 100 babies died without warning when the baby was put down to sleep or when left alone and not checked for a period of time.¹
- 1 in 5 infant sleep deaths occurred when the baby was being cared for by someone other than the parent.¹

WHAT ARE RISK FACTORS FOR SIDS & OTHER SLEEP DEATHS?

- Sudden Infant Death Syndrome (SIDS) is more common among boys than girls, but girls are just as likely as boys to die due to other sleep problems.²
- SIDS and other infant sleep deaths are most common among infants 2-4 months of age.²
- Many deaths occur when infants who are used to sleeping on their backs are then put to sleep on their stomach by another caregiver.²
- One third of the 100 Utah deaths took place in adult beds, water beds, bouncy chairs, car seats, sofas, in cribs with soft bedding, a poorly fitting mattress, or on a sofa.¹
- Another one third of the Utah deaths took place while the baby was sleeping in the same bed with parents or siblings, or when the baby was sharing a crib with a twin.¹

IMPORTANT RULES FOR SAFE SLEEP³

- Place baby on their back to sleep for naps and at night time.
- Use a safety-approved crib with a firm mattress that fits snugly in the crib.
- Use a safety-approved infant bed, folding crib or playpen.
- Use a sleeper to keep baby warm and safe during sleep—not blankets.
- Remove all items from the baby’s sleep area, like pillows, blankets, quilts, bumper pads, wedges or props, stuffed toys and all other soft items.
- Do not place the baby to sleep on an adult bed, sofa, waterbed, soft mattress, quilt or blanket, cushion, pillow or any other soft surface.
- Make sure the room where baby sleeps does not get too warm.
- Keep your home smoke free and do not allow smoking around a baby.
- Experts advise giving a baby a pacifier after one month of age when placing them down for sleep.²
- When parents/adults/children are asleep, a baby should never share a sleep surface.
- Bring baby into bed to breastfeed and to bond, but when it is time for sleep, place baby beside the bed in his/her own infant bed, crib or playpen.

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FACTS ABOUT INFANT SLEEP DEATHS IN UTAH...

Causes of Utah Infant Sleep Deaths (N=100) 2003-2005

- Younger babies are at higher risk for sleep related deaths—of the 100 deaths only 4 were older than 12 months.

- Most (45%) of the Utah deaths were from SIDS. SIDS deaths are unexplained deaths in what appears to have been a safe sleep environment where there was nothing wrong with the infant that might have played a role in the death.

- Sometimes doctors have a hard time knowing exactly why a baby dies. In the 100 deaths, 43% had no specific cause of death but the presence of an unsafe sleep environment could not be ruled out.

- 12% died from preventable accidents including: parents rolling on top of infants, injuries involving the baby becoming wedged between the mattress and crib rails or between the mattress of an adult bed and an adjacent wall.

References:
1 Utah Child Fatality Review Committee database, Utah Department of Health, Violence & Injury Prevention Program
3 Pediatrics Vol. 116 No. 5 November 2005