

# 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.<sup>1</sup>
- 1 in 5 infant sleep deaths occurred when the baby was being cared for by someone other than the parent.<sup>1</sup>

## 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.<sup>2</sup>
- SIDS and other infant sleep deaths are most common among infants 2-4 months of age.<sup>2</sup>
- Many deaths occur when infants who are used to sleeping on their backs are then put to sleep on their stomach by another caregiver.<sup>2</sup>
- 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.<sup>1</sup>
- 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.<sup>1</sup>



## IMPORTANT RULES FOR SAFE SLEEP <sup>3</sup>

- 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.<sup>2</sup>
- 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.

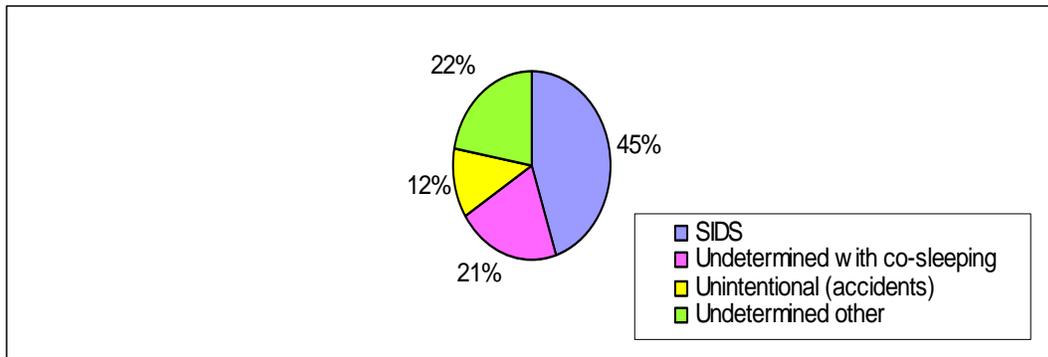


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## FACTS ABOUT INFANT SLEEP DEATHS IN UTAH...

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



Utah Child Fatality Review Committee<sup>1</sup> data from 2003-2005 shows:

- 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:

<sup>1</sup> Utah Child Fatality Review Committee database, Utah Department of Health, Violence & Injury Prevention Program

<sup>2</sup> National SIDS & Infant Death Program Resource Center, <http://www.sidscenter.org>

<sup>3</sup> Pediatrics Vol. 116 No. 5 November 2005



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