



Safe Sleep for Babies

What is SIDS?

SIDS stands for sudden infant death syndrome. The term describes the sudden, unexplained death of an infant younger than 1 year of age.

What should I know about SIDS?

Health care providers don't know exactly what causes SIDS, but they do know:

- **Babies sleep safer on their backs.** Babies who sleep on their stomachs are much more likely to die of SIDS than babies who sleep on their backs.
- **Sleep surface matters.** Babies who sleep on or under soft bedding are more likely to die of SIDS.
- **Every sleep time counts.** Babies who usually sleep on their backs but who are then placed on their stomachs, like for a nap, are at very high risk for SIDS. So it's important for everyone who cares for your baby to use the back sleep position for naps and at night.
- **Communities across the nation have made great progress in reducing SIDS!** Since the Back to Sleep campaign began in 1994, the SIDS rate in the United States has declined by more than 50 percent.

Fast Facts About SIDS

- SIDS is the leading cause of death in infants between 1 month and 1 year of age.
- African American babies are more than two times as likely to die of SIDS than white babies.
- 193 infants in Georgia died in 2010 due to sleep related circumstances.
- More than half of the infant sleep-related deaths in Georgia in 2010 occurred when the baby was in an adult bed, not a crib.

Source: NIH/GA CFR



STATE OF GEORGIA
Children's Cabinet



Georgia Department of Public Health

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



Georgia Chapter

Alone. On Their Back. In a Crib

ALWAYS

Safe Sleep for Babies

- Always place your baby on his or her back to sleep, for naps and at night, to reduce the risk of SIDS.
- Use a firm sleep surface, covered by a fitted sheet, to reduce the risk of SIDS and other sleep-related causes of infant death.
- Your baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.
- Keep soft objects, toys, and loose bedding out of your baby's sleep area to reduce the risk of SIDS and other sleep-related causes of infant death.
- To reduce the risk of SIDS, women should:
 - Get regular health care during pregnancy, and
 - Not smoke, drink alcohol, or use illegal drugs during pregnancy or after the baby is born.
- To reduce the risk of SIDS, do not smoke during pregnancy, and do not smoke or allow smoking around your baby.
- Breastfeed your baby to reduce the risk of SIDS.
- Give your baby a dry pacifier that is not attached to a string for naps and at night to reduce the risk of SIDS.
- Do not let your baby get too hot during sleep.
- Follow health care provider guidance on your baby's vaccines and regular health checkups.
- Avoid products that claim to reduce the risk of SIDS and other sleep-related causes of infant death.
- Do not use home heart or breathing monitors to reduce the risk of SIDS.
- Give your baby plenty of Tummy Time when he or she is awake and when someone is watching.



Remember Tummy Time!

Place babies on their stomach when they are awake and when someone is watching. Tummy Time helps your baby's head, neck, and shoulder muscles get stronger and helps to prevent flat spots on the head.