



brightpaths

# WHAT IS SAFE SLEEP?

Safe Sleep practices are scientifically proven to dramatically decrease the instances of SIDS (sudden infant death syndrome) in infants 0-1.

## ABCs

The ABCs of safe sleep are the basics! Following these three recommendations decreases the risk of SIDS by as much as **50%**

(American Academy of Pediatrics, 2011)



### ALONE

Babies need their own sleeping surface like a crib or bassinet. This can be (and is recommended to be!) in parents' rooms.



### BACK

Babies sleep safest on their back. Every sleep, every nap, every time.

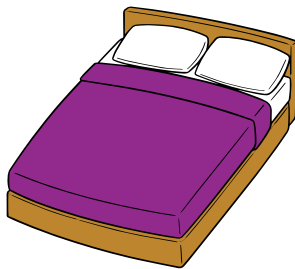


### CRIB

Baby needs a firm, non-inclined mattress with a tight fitting bottom sheet. No blankets, bumpers, or toys.

# 58%

of all reviewed infant sleep-related deaths occur in adult bed



Source: GA Child Fatality Review Data

## Less Safe Sleep Environments



Baby pillows, swings, and (uninstalled) carseats are dangerous sleep environments. If baby falls asleep, move them to an ABC-safe sleep area.

in 2021, Georgia averaged **3** infant sleep related deaths per week.

The vast majority of these deaths were **preventable**.

## Risk Reduction Strategies



### Temperature

Avoid overheating - dress your baby in only 1 more layer of clothing than what you are comfortable wearing.



### Sleep Sacks

Consider a sleep sack or wearable blanket, rather than a blanket if you think baby needs added warmth.



### Spaceheater

Keep baby at least 4 feet away from all heaters, and never leave unattended.



### Smoking

Smoking and vaping - even 2nd or 3rd hand- increases a baby's risk. Have all smokers smoke outside and change shirts before holding baby.



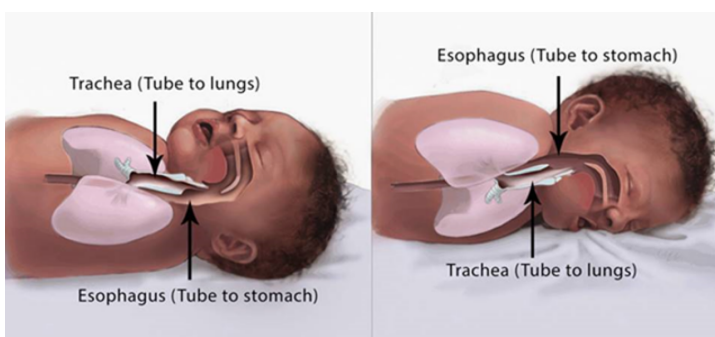
### Breastfeeding

When possible, breastfeeding is encouraged as a SIDS reduction strategy.



### Pacifiers

Pacifiers are recommended. The protection occurs as baby falls asleep. Once baby is asleep, there is no need to replace a paci if it falls out.



## What about spit up?

A common misconception is that baby will aspirate if back sleeping. Research shows no increase in aspiration when safe sleep recommendations moved to back. When baby is lying on his back, the airway, or trachea, is on top of the esophagus. Healthy babies tend to swallow or cough up fluids when lying on their backs, without anything getting into their airway and causing them to choke. When a baby is lying on his stomach, any food or liquid thrown up or refluxed will pool at the opening of the airway, making it easier for him to choke.

## "you turned out just fine!"

Many caregivers hear this when recommending a "new" approach to safe sleep to family members. We recommend responding with grace and understanding - grandparents or others may feel guilty that they made a different choice, but chances are they did the best they could with the information they had, like seatbelts and cigarettes! We ALL want what's best for baby, and now that we know better, we're doing better.

### And research shows it's working!

- 1990 - Pre-Safe Sleep Recommendations
- 1998 - AAP issues first safe sleep recommendations
- 2014 - Recs expanded to include sleep environment

