Fact Sheet

SIDS and Infant Sleep Related Deaths

• Approximately 3,500 infants die every year in the United States due to sleep related deaths.
• Infant sleep related deaths include, Sudden Infant Death Syndrome (SIDS), accidental suffocation and strangulation in bed, and other unknown causes.
• SIDS is defined as the sudden death of an infant under 1 year of age that remains undetermined after a complete postmortem investigation that includes an autopsy, examination of the death scene, and review of the case history.
• SIDS is the leading cause of infant death between 1 month and one year of age.
• Most SIDS deaths happen when the infant is between 1 to 4 months of age.
• SIDS has been shown to be associated with unsafe sleeping practices.
• The safest way for a baby to sleep is alone, on their back, in a crib.
• Infants should always sleep on a firm surface such as a safety approved mattress with a fitted sheet.
• There should not be anything in the crib with the infant, including stuffed animals, pillows, blankets, comforters, or bumper pads.
• When an infant is placed to sleep on their stomach they are 2.4 times more likely to die of SIDS.
• If an infant is placed to sleep on soft surfaces, their risk of death is increased by 5 times. If they are placed to sleep on a soft surface AND on their stomach, their risk of death is increased by 21 times.
Sources
