



## **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*

AAP TASK FORCE ON SUDDEN INFANT DEATH SYNDROME. SIDS and Other Sleep-Related Infant Deaths: Updated 2016 Recommendations for a Safe Infant Sleeping Environment. *Pediatrics*. 2016;138(5):e20162938

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