



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

Hauck, F. R., Herman, S. M., Donovan, M., Iyasu, S., Moore, C. M., Donoghue, E., ... Kirschner, R. H. (2003). Sleep environment and the risk of Sudden Infant Death Syndrome in an urban population: The Chicago infant mortality study. *Pediatrics*, *111*(1), 1207-1214.