

## **Wake Safe**

Helping babies sleep safely



There were **97 infant deaths** related to sleeping or the sleep environment.

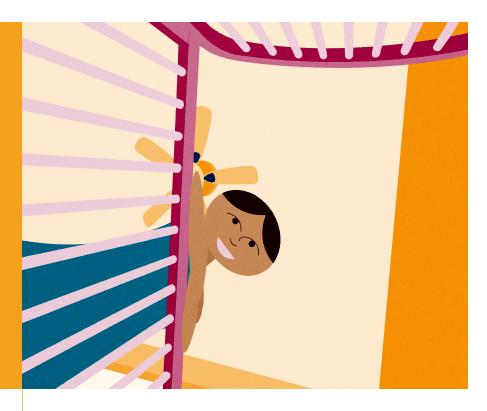
#### Of the 97 sleep-related deaths:

Over half **(66%)** of infants were sharing a sleep surface\* with another adult and/or child when found.

**53%** of infants were bed-sharing in an adult bed with another adult and/or child when found.

84% of these sleep-related deaths were potentially preventable.

\*Sleep surfaces couch, chair, bed, floor, mattress



Several factors increase risk when bed or surface-sharing:

## Very high risk

#### More than 10X the baseline risk

- Using a soft sleep surface such as a waterbed, old adult mattress, couch, or armchair
- Adult is overly tired, taking medication that makes them drowsy, using substances like alcohol, or otherwise under-responsive
- Adult smokes cigarettes or uses tobacco products (even if they do not smoke in bed)

## **High risk**

#### 5-10X the baseline risk

- Baby is younger than 4 months old
- Adult is not the baby's parent but is another caregiver, such as a grandparent or sibling

## Higher than average risk

#### 2-5X the baseline risk

- Baby was born preterm (before 37 weeks) or at a low birth weight
- Sleep area includes unsafe items like pillow or blankets

# How providers can help:

- Teach families the ABCs of safe sleep (Alone, Back, Crib).
- American Academy of Pediatrics' Recommendations for a Safe Infant Sleeping Environment to Reduce the Risk of Sleep-Related Infant Deaths (2022) should be distributed to healthcare professionals, and the recommendations should be shared with parents/ caregivers of newborns before leaving the hospital.
- If you work at a birthing hospital, consider becoming Cribs For Kids Hospital Safe Sleep certified. For more information, contact DOHMCHBG@state.sd.us
- If a family is unable to afford a safety-approved crib, contact the South Dakota Department of Health at 1-800-305-3064.

#### **Grief/Loss Resources**



Safe Sleep DOH SD



Lach's Legacy



NIH Infant Loss

## **Alone**

Place baby by themselves, and keep their sleep area clear of soft bedding such as blankets, pillows, bumper pads, and plush toys.

## Back

Whether at night or going down for a nap, place baby on their back every time they sleep.



Always set baby on a firm, safety-approved sleep surface such as a crib, bassinet, or play yard.



#### **Safe Sleep Resources**



Safe Sleep



NIH Safe Sleep

This project is supported by the Center for Disease Control and Prevention under Grant Number B01TO000045 for Preventive Health and Health Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Center for Disease Control and Prevention. XXX copies of this flyer were printed by the South Dakota Department of Health at a cost of \$X.XX per copy.