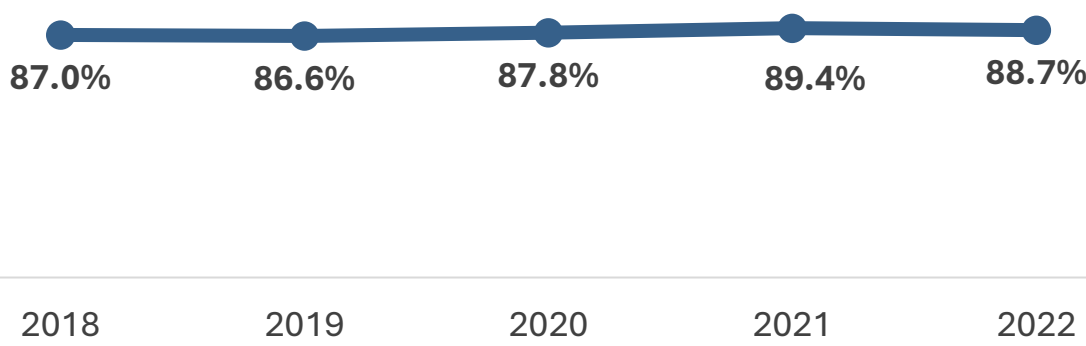


Placing a baby on their back to sleep, alone in their crib and without cushions or blankets, is recommended by the American Academy of Pediatrics (AAP) to reduce the risk of SIDS and other sleep-related infant deaths.^a

All caregivers need to know about safe sleep practices, and pediatricians need to help inform families of these practices.^b

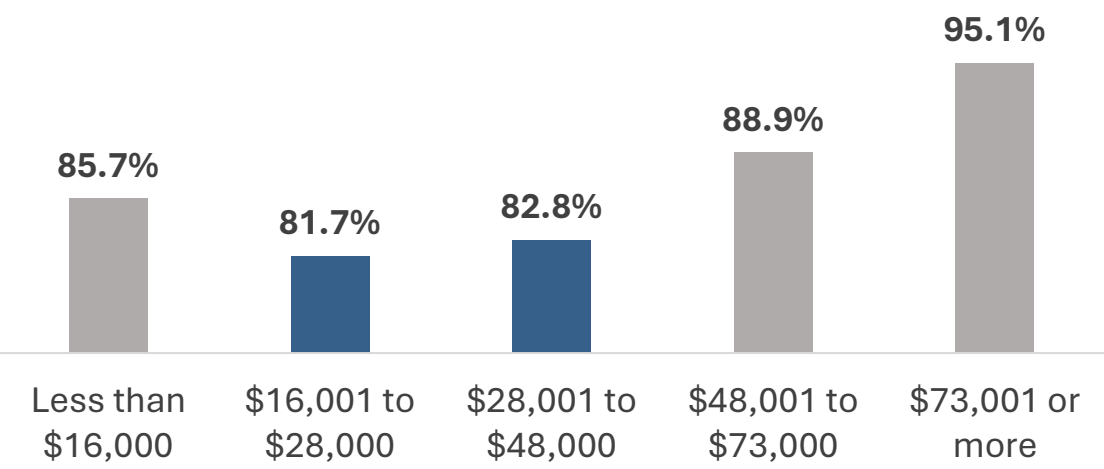
In the last five years, the percentage of mothers who placed their infant on his or her back to sleep **has not changed** over time.



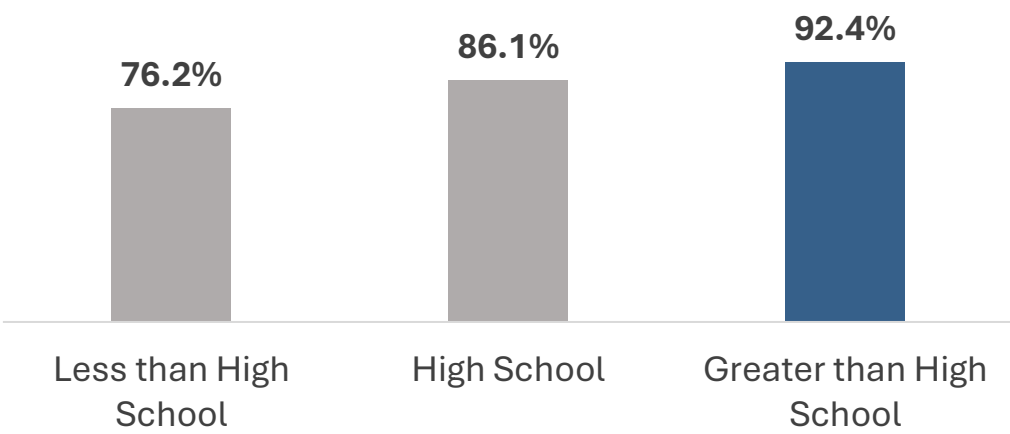
96% of mothers said their healthcare provider recommended they place their infant on his or her back to sleep

- Women who did not place their infant on his or her back to sleep were more likely to report that they:**
- Had delayed or no prenatal care **29.8%**
 - Attended <80% of the recommended prenatal care visits **20.0%**

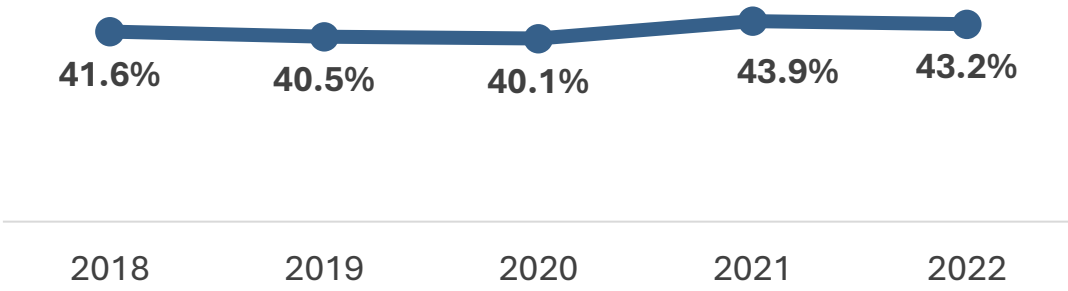
Mothers with a household income of \$16,000 to \$48,000 were less likely to place their infant on his or her back to sleep (p<0.01).



Mothers with greater than a high school education were most likely place their infant on his or her back to sleep (p<0.0001).



The percentage of mothers who placed their infant on an approved sleep surface **has not changed** over time.



18%

of mothers with an ACE (adverse childhood experiences) score of 4+ placed their infant on an approved sleep surface

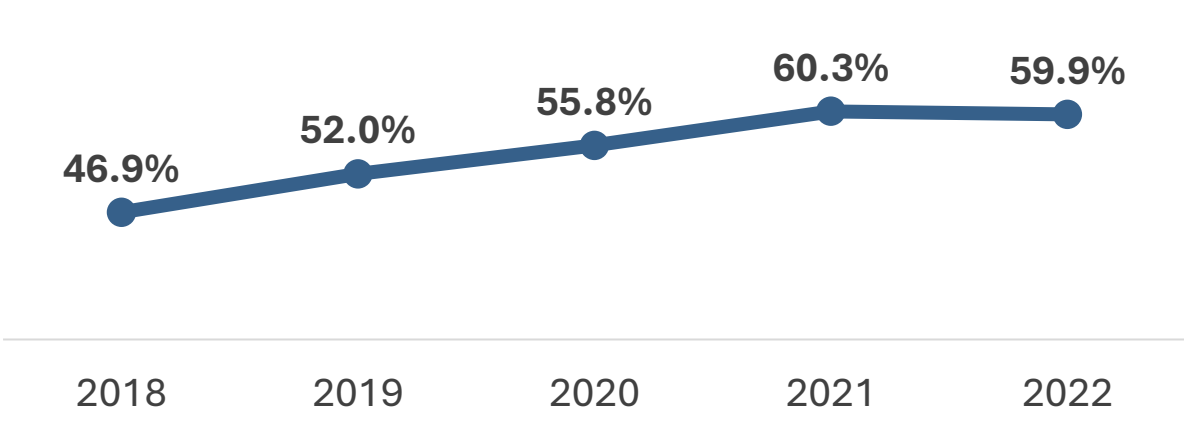
American Indian mothers and mothers of other races were less likely to place their infant on an approved sleep surface.

10%

of mothers with illicit drug use before pregnancy placed their infant on an approved sleep surface

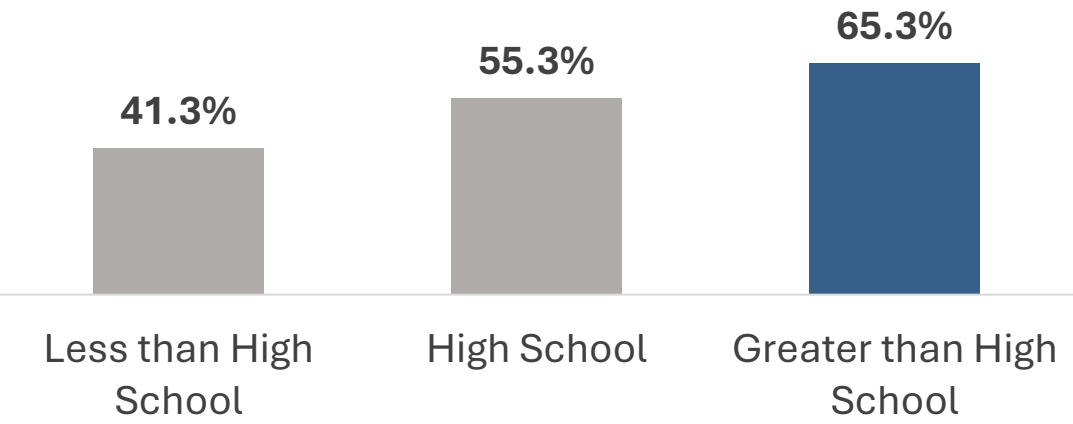
The best sleep environment for a baby is firm, flat, and level. Additionally, pillows, stuffed toys, crib bumpers, comforters, and blankets should stay out of the infant’s sleep area as they can increase the risk of suffocation and strangulation. Keeping the space minimal is ideal, with only a swaddle on the baby and a fitted sheet in the bassinet or crib.^c

The percentage of mothers who most often laid their infant to sleep without soft objects or loose bedding **has increased** over time.

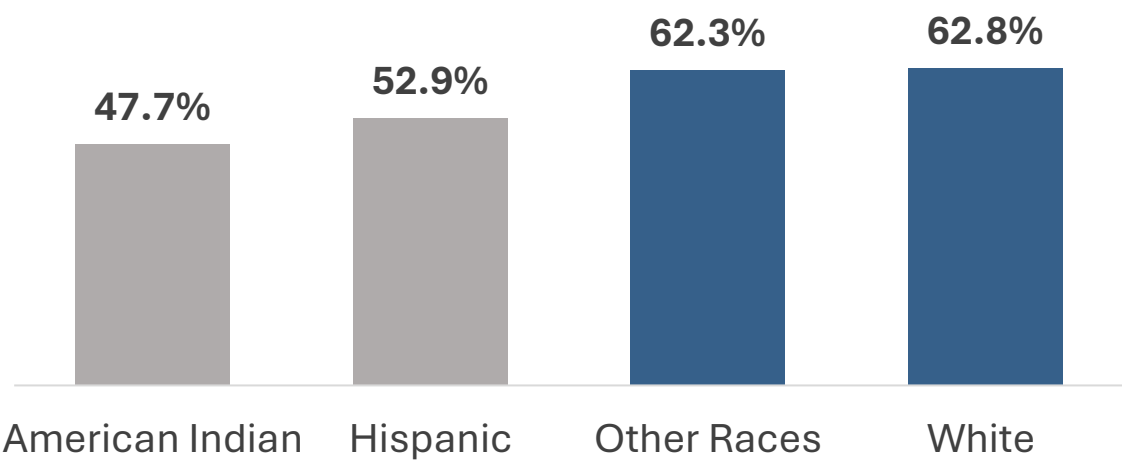


90.2% of mothers said their health care provider discussed what things should and should not go to bed with their infant

Mothers with greater than a high school education were most likely place their infant to sleep without soft objects (p<0.0001).



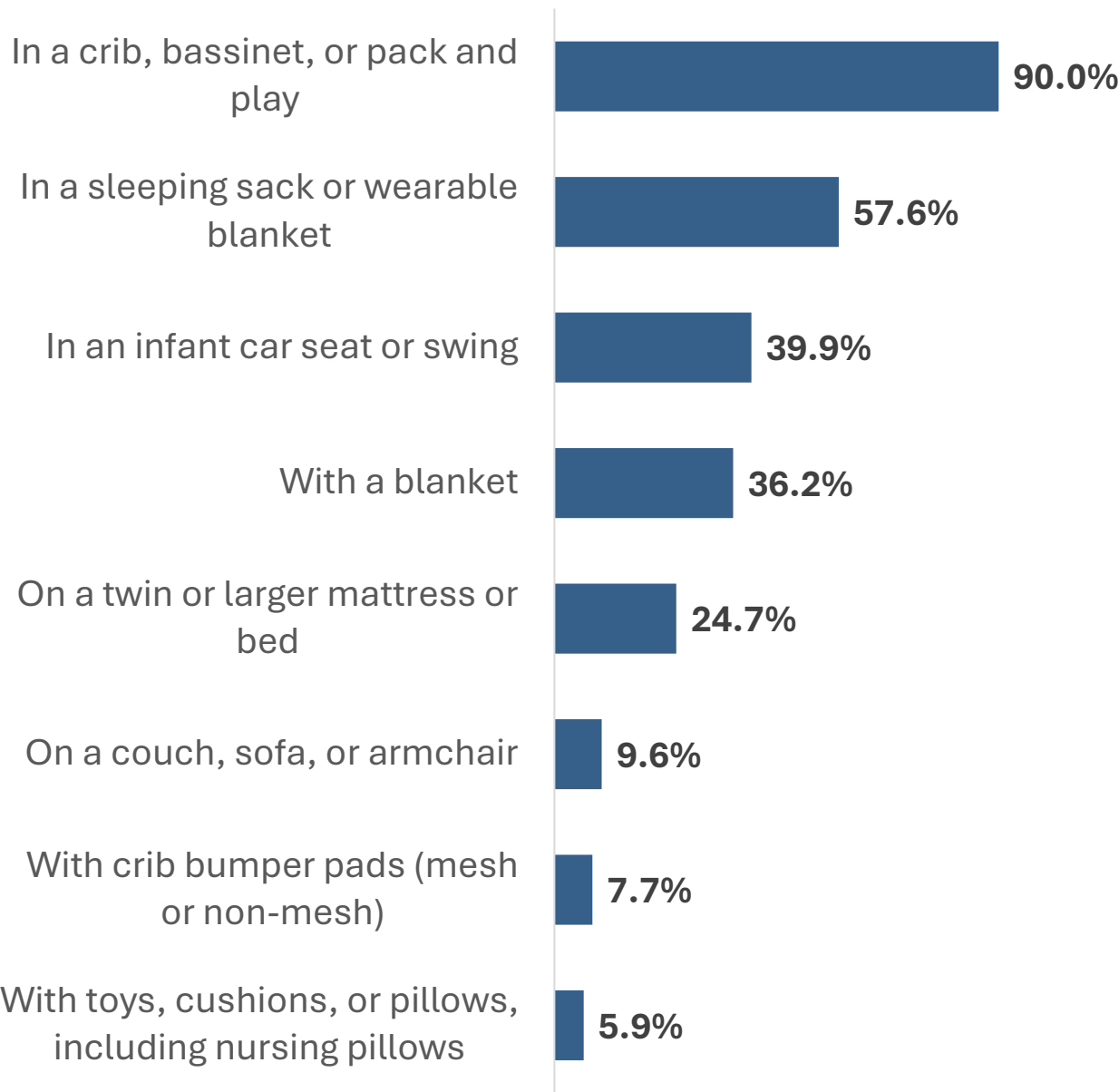
White mothers and mothers of other races are most likely to place their infant to sleep without soft objects (p<0.0001).



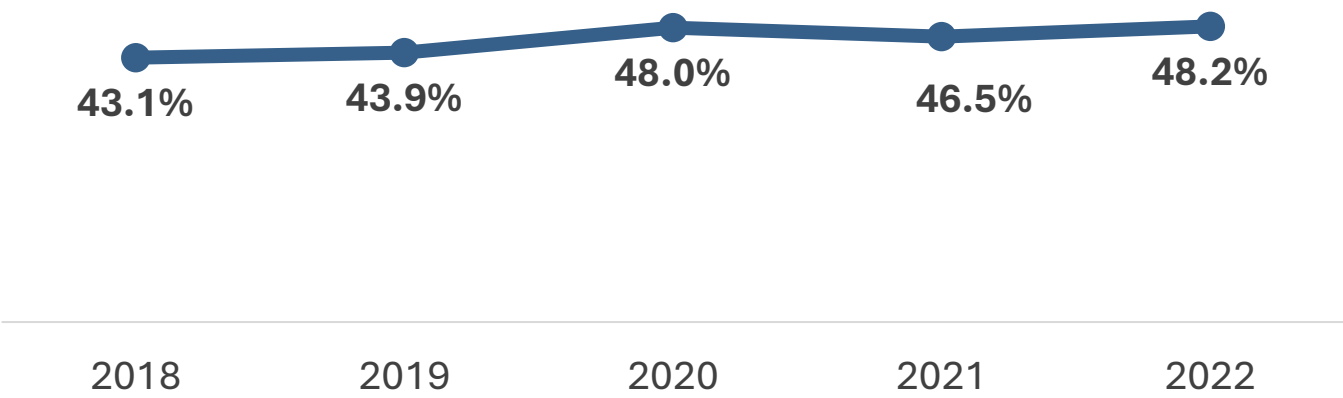
Mothers who placed their infant to sleep with soft objects were more likely to:

- Smoke the 3 months before pregnancy
- Use illicit drugs in the 3 months before pregnancy
- Have delayed or no prenatal care
- Attend less than 80% of prenatal care visits
- Experienced emotional abuse during pregnancy
- Have never breastfed
- Have an ACE score of 4+

How the infant usually slept in the past 2 weeks:



The percentage of South Dakota mothers who had their infant sleep alone without bed-sharing has increased over time.



58% of mothers said their baby always slept alone in their crib, and **23%** of mothers said their baby often/almost always slept alone in their crib

86%

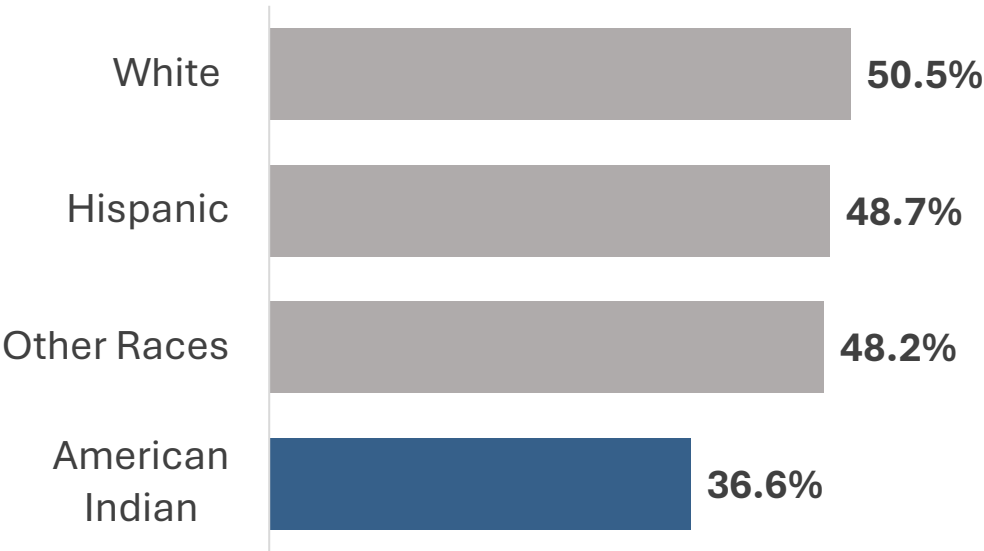
of mothers said that when their baby slept alone, the crib was in the same room as the mother

Many mothers (92%) were told to place their baby in a crib, bassinet, or pack and play to sleep by their healthcare providers

67%

of mothers were told to place the infant’s crib in the mother’s room by their healthcare provider

American Indian mothers were less likely to have their infant sleep in their room without bed sharing (p<0.0001).



Significant differences were found between moms who shared a room with the infant (without sharing a bed) and those who did not:

	Did not share a room or shared a bed	Room sharing without bed sharing
Smoking in the 3 months before pregnancy	19.6%	12.4%
Using illicit drug in the 3 months before pregnancy	18.8%	8.5%
Attending less than 80% of prenatal care visits	15.2%	10.3%
An ACE Score of 4+	31.3%	19.6%

a. Safe to Sleep. (2024). *Ways to Reduce Baby’s Risk*. Retrieved from <https://safetosleep.nichd.nih.gov/reduce-risk/reduce>
b. American Academy of Pediatrics. (2024). *Safe Sleep*. Retrieved from <https://www.aap.org/en/patient-care/safe-sleep/?srsId=AfmBOor5zVs5vEMN0z-V7ULbjC0QgDNmaH56BUiLjUqpfPow50kpHhWP>
c. Safe to Sleep. (2024). *Safe Sleep Environment for Baby*. Retrieved from <https://safetosleep.nichd.nih.gov/reduce-risk/safe-sleep-environment>

