



# safe sleep for SD INFANTS

## In South Dakota, from 2018-2022:

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

SOURCE: Child Death Review, South Dakota, 2018-2022

## Factors that increase risk when bed-sharing or surface sharing:

 <p><b>VERY HIGH RISK</b> <i>More than 10X the baseline risk of parent-infant bed-sharing</i></p>	<ul style="list-style-type: none"> <li>• Sleep surface is soft, such as a waterbed, old adult mattress, couch, or armchair</li> <li>• Adult is very tired, taking medication that makes them drowsy, using substances like alcohol, or whose ability to respond is affected in some way.</li> <li>• Adult smokes cigarettes or uses tobacco products (even if they do not smoke in the bed)</li> </ul>
 <p><b>HIGH RISK</b> <i>5-10X the baseline risk of parent-infant bed-sharing</i></p>	<ul style="list-style-type: none"> <li>• Baby is younger than 4 months old (regardless of adult smoking or sleep surface)</li> <li>• Adult is not the baby's parent, but is another caregiver, such as a grandparent or sibling</li> </ul>
 <p><b>HIGHER THAN AVERAGE RISK</b> <i>2-5X the baseline risk of parent-infant bed-sharing</i></p>	<ul style="list-style-type: none"> <li>• Baby was born preterm (before 37 weeks) or born at a low birth weight</li> <li>• Sleep area includes unsafe items, such as pillows or blankets</li> </ul>

SOURCE: Safe to Sleep® Safe Sleep for Your Baby booklet.

# What can you do?

## SAFE SLEEP TIPS FOR HEALTHCARE PROVIDERS

- 1 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 who should discuss the recommendations with parents/caregivers of newborns before discharge from the birthing hospital.
- 2 Every infant in SD should have a safe place to sleep.** If a family is unable to afford an approved crib, contact the South Dakota Department of Health at **1-800-305-3064**.
- 3 Infants should be placed on their back for all sleep times** - naps and at night.
- 4 Infants should be placed on a firm sleep surface** (e.g., mattress in a safety-approved crib) covered by a fitted sheet with no other bedding, bumper pads, or soft objects to reduce the risk of suffocation, entrapment, strangulation, and SIDS.
- 5 Infants should sleep in the parents' room, close to the parents' bed, but on a separate surface designed for infants,** ideally for at least the first 6 months.
- 6 If you work at a birthing hospital, consider becoming Cribs For Kids Hospital Safe Sleep certified.** For more information, contact the SD Department of Health MCH program at [dohmchbg@state.sd.us](mailto:dohmchbg@state.sd.us).



This is what safe sleep looks like

for baby's sake

