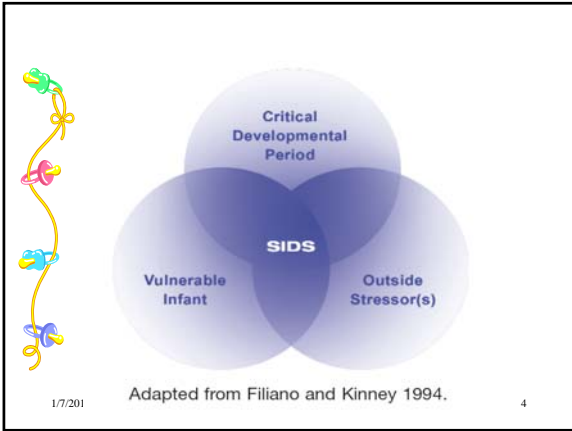


## What is SIDS?

The sudden and unexplained death of an apparently healthy infant, under one year of age, which remains unexplained after a complete medical history, death scene investigation, and autopsy.

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- ## What causes SIDS?
- The cause of SIDS is unknown—a diagnosis of exclusion.
  - SIDS is not caused by immunizations or vomiting/choking.
  - SIDS may be a result of several events that occur simultaneously.
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- ## What is known?
- Babies sleep safer on their backs
    - Much more likely to die from SIDS if on stomach
    - Carbon dioxide rebreathing
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- ## What is known?
- Sleep surface matters.
    - More likely to die of SIDS if on or under soft bedding
    - Carbon dioxide rebreathing
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## What is known?

- Every sleep time counts
  - Unaccustomed stomach sleep position increases risk of SIDS by 18-fold.
  - Important for everyone to know which sleep position to put your baby

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## What is known?

- Communities across the nation have made great progress in reducing SIDS!
  - 1992: 1.2 deaths per 1000 live births
  - 2001: 0.56 deaths per 1000 live births
  - 1992: 70% stomach sleep position
  - 2002: 11.3% stomach sleep position

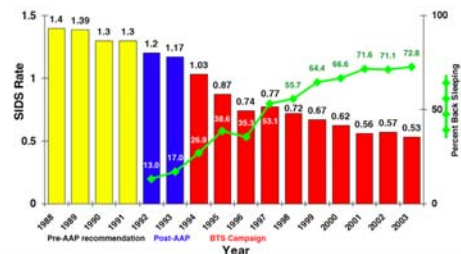
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## What is known?

SIDS Rate and Sleep Position, 1988-2003  
(Deaths per 1,000 Live Births)



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## Fast Facts about SIDS

- SIDS is the leading cause of deaths in infants between 1 month and 1 year of age.
- Most SIDS deaths happen when babies are between 2 months and 4 months of age.
- African American babies are more than 2 times as likely to die of SIDS as white babies.

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## Incidence

- Age –**
- 100% occur before 12 months of age (by definition)
  - 90% of SIDS deaths occur before 6 months of age
  - 70% of these deaths occur between 2 to 4 months
- Location-**
- 20.4% of SIDS deaths occur in a child care setting

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## Typical SIDS Scenario

- Almost always occurs when baby is asleep, whether it be for the night or for a nap
- Usually healthy prior to death
- May have had a recent cold
- May be premature or low birth weight baby
- Report not hearing any signs of struggle even within hearing distances

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## Risk Factors for SIDS

- Prone sleep position
- Sleeping on a soft surface
- Maternal smoking during pregnancy
- Overheating
- Late or no prenatal care
- Young maternal age
- Preterm birth and/or low birth weight
- Male gender

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## Safe Sleep Top 10

1. Always place a baby on his or her back to sleep, for naps and at night.
2. Place a baby on a firm sleep surface, such as a safety-approved crib mattress, covered by a fitted sheet.



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## Safe Sleep Top 10

3. Keep soft objects, toys, and loose bedding out your baby's sleep area.
4. Do not allow smoking around a baby.
5. Keep a baby's sleep area close to, but separate from, where you and others sleep.

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## Safe Sleep Top 10

6. Think about using a clean, dry pacifier when placing the infant down to sleep.
7. Do not let a baby overheat during sleep.
8. Avoid products that claim to reduce the risk of SIDS

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## Safe Sleep Top 10

9. Think about using a ceiling fan where the baby is sleeping.
10. Reduce the chance that flat spots will develop on a baby's head.



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## Emergency Procedures

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## Emergency Procedures for an Unresponsive Infant

If a baby becomes unresponsive or stops breathing in your care:

- Begin CPR
- Call 911
- Calm the other children and remove them from the area
- Call the child's parents, then call the parents of the other children
- As much as possible, leave the area where the baby was found undisturbed
- Be prepared to give information to investigators. Cooperate with them in any way you can.

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## Conclusion

- There is no one cause for SIDS.
- There are preventable actions that reduce the risk of SIDS.
- SIDS is not contagious
- SIDS is not a form of child abuse



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## Always Remember...



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## For more information

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