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# Safe Infant Sleep

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# Disclosures

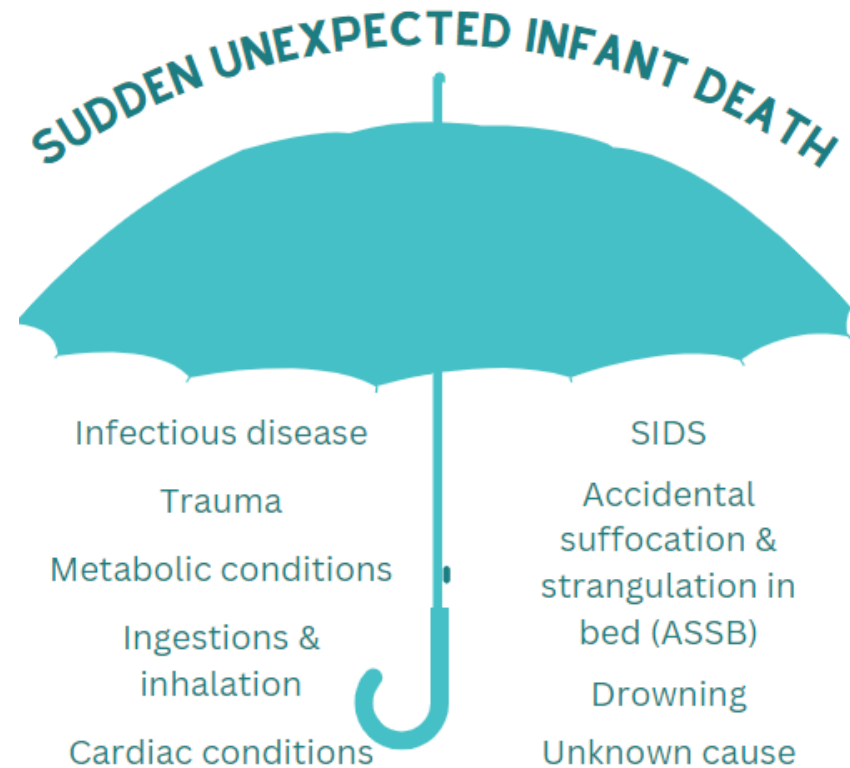
- None

# Learning Objectives

- By the end of this training, learners will...
  - Understand Sudden Unexpected Infant Death in the United States & New Mexico;
  - Be able to describe risk and promotive factors for sleep related SUID;
  - Apply safe sleep practices in every setting.

# SUID ≠ SIDS

- Sudden unexpected infant death (SUID) is a term used to describe the sudden and unexpected death of a baby <1 year.
  - If a cause is not immediately obvious, the case will be investigated.
  - These deaths often happen during sleep or in the baby's sleep area.
- Sudden Infant Death Syndrome (SIDS) is the sudden death of an infant <1 year that cannot be explained *even after a full investigation*.



# Statistics

## United States

- ~3,400 SUID cases annually
- \*SUID cases were reported as shown below:
  - Sudden infant death syndrome (41%)
  - Unknown cause (32%)
  - Accidental suffocation and strangulation in bed (27%)

## New Mexico

- ~20 SUID cases annually (2016-2020)
- In 2015-2019, 60% of cases had an undetermined cause of death **with observed unsafe sleep factors**,
  - Airway obstruction was observed by people or objects in ~40% of cases
  - Of all NM sleep-related deaths, 2015-2019 (n=107), 60.8% of deaths were among infants sleeping in an adult bed, 17.8% were in a crib, and 5.6% were in a bassinet when they passed away.
  - At least one infant was sleeping on a couch, car seat, floor or futon when they died.
  - 58% percent of infants were sleeping with at >1 adult when they died, and
  - ~29% of caregivers were impaired (regardless of sleep surface; impaired: alcohol, drugs, distracted, absent or unspecified) when the incident occurred.

# Activity:

## Is it a safe sleep space?



# SUID Prevention

- Safe Sleep practices reduce the risk of Sudden Unexpected Infant Death



**Alone. Back. Crib.**



# Safe Sleep: History

- 1969-1993:
  - Scientists apply the term "Sudden Infant Death Syndrome" to what is now recognized as a distinct condition.
  - Recognized as public health issue, policy, research.
- 1994-2003: NIHCD Back to Sleep Campaign
- 2004-2013: Expansion; Healthy Native Babies Project
- 2022: AAP Updates to Policy Statement
  - “Non-inclined,” discourage bedsharing, emphasize Human Milk feeding

# Selected Recommendations

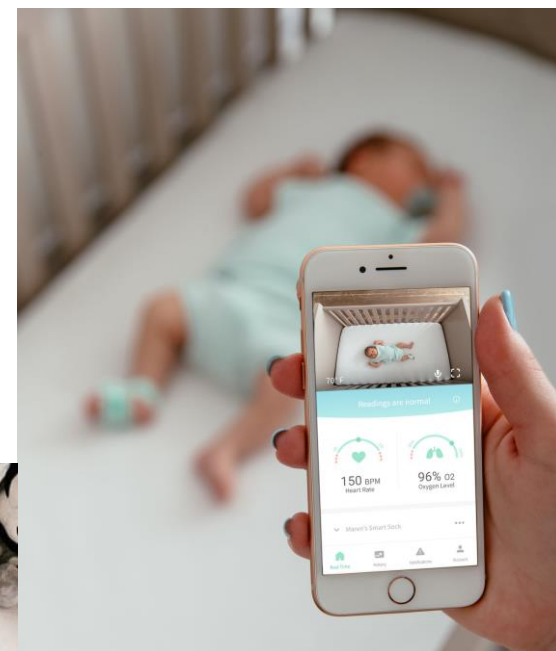
## A-level

- Back to sleep for every sleep - on a firm, flat, non-inclined sleep surface.
- Infants should sleep in the adults' room, close to the adult bed, but on a separate surface designed for infants, at least the first 6 months.
- Keep soft objects and loose bedding away from the infant's sleep area.
- Offering a pacifier at naptime and bedtime is recommended.
- Avoid substance exposure during pregnancy and after birth (including smoke and nicotine, alcohol, marijuana, opioids, and other drugs).
- Avoid overheating and head covering in infants.
- It is recommended that infants be immunized in accordance with guidelines from the AAP and CDC.

# Selected Recommendations

## B-level

- Avoid the use of commercial devices that are inconsistent with safe sleep recommendations.



# Consumer Product Safety Commission

## Safe Sleep – Cribs and Infant Products

- Research
- Rulemaking
  - Final Rule: Bassinets and Cradles
  - Final Rule: Bedside Sleepers
  - Final Rule: Full-Size Cribs
  - Final Rule: Non-Full-Size Cribs
  - Final Rule: Play Yard
  - Final Rule: Toddler Beds
- Product Recalls
- Dissemination
- CPSC Urges Parents/Caregivers to Use Products that Are Safe for Sleep; Check Baby's Sleep Space for Suffocation Hazards; Most Nursery Product-Related Infant Deaths Can Be Prevented



**Recalled Fisher-Price Rock 'n Play sleeper**

# Safe infant sleep spaces



Includes:

- cribs (full-size and non-full-size),
- bassinets and cradles,
- play yards (pack & plays)
- bedside sleepers.

# Activity:

## Is it a safe sleep space?



# What you can do

- Place baby to sleep on their back – for all naps & at night
  - In their own separate space designed for infant sleep
  - Firm, flat non-inclined mattress with tight fitting sheet
  - Free of toys, blankets, soft objects such as stuffed animals, bumper pads
- Offer a pacifier
- Dress baby appropriately to avoid overheating
- Practice tummy time daily- supervised and awake
- Smoke free environment (including vape, e-cigarettes)
- Inform others about safe sleep practices



# What you can do

- Apply Safe Sleep practices in your home and/or work environment
- Become a Cribs for Kids Safe Sleep Ambassador
  - Free online training: [cribsforkids.teachable.com/p/safe-sleep-ambassador/](https://cribsforkids.teachable.com/p/safe-sleep-ambassador/)
- Share safe sleep information
  - NICHD, CDC, NMDOH Safe Sleep NM campaign, resources and posts
  - Your personal story on social media, use **#SafeSleepNM**
  - In conversation with your clientele or in community
- Support others on their safe sleep journey!

# SUID Prevention in NM

- Research
  - Statewide surveillance
  - UNM Prevention Research Center
- Collaboration
  - NM Safe Sleep Collaborative
- Resources
  - Safe sleep baby kits:  
[newmexicokids.org/ececd-safe-sleep-baby-kit/](http://newmexicokids.org/ececd-safe-sleep-baby-kit/)
  - Playards
  - Swaddles
- Awareness
  - October is Safe Sleep Awareness Month
  - Social Media promotion
  - Website



For more information:

Practice safe sleep, your way.

**SafeSleepNM.org**



A photograph of a baby lying in a crib. The baby in the foreground is wearing a light blue and white striped onesie and is looking towards the right. The crib has a grey mesh side panel. In the background, another baby is visible, wearing a colorful patterned onesie, lying in the same crib. The lighting is soft and natural.

# Questions?

# Thank you!



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