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INFANT SAFE SLEEP

Why is Infant Safe Sleep Important?

The [American Academy of Pediatrics](#) (AAP) noted that in the United States 3,500 infants die of sleep-related infant deaths each year. These can include [sudden infant death syndrome \(SIDS\)](#), ill-defined deaths, and accidental suffocation and strangulation in bed. Additionally, the [Healthy Native babies Project \(HNBP\)](#) states, “Data show that [Sudden Unexpected Infant Death \(SUID\)](#), including Sudden Infant Death Syndrome (SIDS), are disproportionately higher in American Indian/Alaskan Native (AI/AN) communities.” The AAP recommends a safe sleep environment to reduce the risk of all sleep-related deaths. It is important for Parents, Caregivers, Family and Friends to all know and practice infant safe sleep recommendations.



Ways to Reduce Risk:

- Make sure you put the infant on their back for all naps & at night
- Use a firm, flat sleeping surface (You can make sure your crib hasn't been recalled by [Clicking Here](#))
- Never sleep with an infant, an alternative to bed sharing is room sharing with an infant (this means keeping the infant's sleep area in the same room that you sleep in)
 - ◇ Did you know, “The [AAP](#) recommends room sharing because it can decrease the risk of SIDS by as much as 50% and it's much safer than bed sharing. Room sharing will also make it easier for you to feed, comfort and watch your baby.”
- You should keep toys, soft objects, and loose bedding out of your infants sleep area
- Don't let your infant get overheated
- If you can, breastfeed or feed your infant expressed breast milk to help reduce the risk of SIDS
- You can also give your infant a pacifier at nap and bedtime (do not hang the pacifier around the infants neck)
- Make sure you and your infant are getting all your routine medical care (make sure your infant is up-to-date on all their vaccines too!)
- Avoid parent and infant exposure to nicotine, alcohol, marijuana, opioids, and illicit drugs



More Safe Sleep Recommendations:

- [Healthy Children](#)
- [Indian Health Service: Safe Sleep for Native Babies](#)
- [NIH: Safe to Sleep](#)
- [NIH: What does a safe sleep environment look like?](#)

Resources

- [Healthy Children](#)
- [American Academy of Pediatrics](#)
- [Consumer Product Safety Commission: Recalls](#)
- [NIH: Healthy Native Babies Project \(HNBP\)](#)
- [Mayo Clinic: SIDS](#)