

## Infant Safe Sleep Recommendations

Every year in the United States, about 3,500 sleep-related infant causes, including those from sudden infant death syndrome (SIDS), accidental suffocation and strangulation in bed, and unknown causes<sup>1</sup>. In Utah, SIDS is the leading cause of death for infants older than 27 days<sup>2</sup>. To reduce risk factors for sleep-related infant deaths, the American Academy of Pediatrics (AAP) recommends placing babies on their back for every sleep; putting babies to sleep on a firm sleep surface; keeping the sleep area free of soft objects, loose bedding, and blankets; and room sharing where infant and caregiver sleep on separate sleep surfaces.

The Utah Pregnancy Risk Assessment Monitoring System (PRAMS) measures the extent to which these guidelines are followed. Data collected during 2016–2018 found 85.9% of women put their babies to sleep on their backs, which is slightly lower than the national Healthy People 2030 target of 88.9%. Additional findings are shown in the accompanying table.

### Utah PRAMS Survey Responses to American Academy of Pediatrics Recommendations, 2016–2018

Figure 1. A majority of women reported following AAP recommendations to put their infants to sleep on their backs for every sleep (85.9%), however, far fewer women reported following AAP recommendations for placing their infants to sleep on a firm surface (40.7%), room sharing without bed sharing (35.2%) and having no soft objects in sleep areas (28%).

AAP Recommendation	Utah PRAMS Responses 2016-2018
No soft objects in sleep area	28.0%
Room share without bed sharing	35.2%*
Infant placed to sleep on firm surface	40.7%**
Infant placed to sleep on back for every sleep	85.9%

\*Infant usually placed to sleep in a crib, bassinet, or pack and play, not on a couch, sofa, armchair, car seat or swing

\*\*Infant usually placed to sleep without a blanket, toys, cushions, pillows, or bumper pads

While 91% of women reported being told by a healthcare provider to put their babies to sleep on their backs and 79% were told to keep soft objects out of baby's sleep space, only 44% reported being told they should place their baby's crib in their room. Monitoring PRAMS data helps in evaluating the effectiveness of strategies to raise awareness of AAP's safe-sleep recommendations.

1. AAP TASK FORCE ON SUDDEN INFANT DEATH SYNDROME. SIDS and Other Sleep-Related Infant Deaths: Updated 2016 Recommendations for a Safe Infant Sleeping Environment. *Pediatrics*. 2016;138(5):e20162938
2. Center of Disease Control and Prevention, WONDER online database <https://wonder.cdc.gov/>.