



Researchers say the continued drop in SIDS rates is likely because more parents are deciding not only to nix belly sleeping but are realizing that side sleeping is a no-no, too

http://kidshealth.org/parent/firstaid_safe/home/safety_crib.html

What This Means to You

- It is important to note that the side sleeping position is not a safe alternative. Babies that roll from their side to their tummy are 18 times more likely to die of SIDS. (First candle.org)
- In 2005 the AAP has recommended against side sleep position for babies. (Emedicine.com)
- Side sleeping is not as safe as supine sleeping and is not advised.(NIH)

References

<http://www.emedicine.com/emerg/TOPIC407.HTM>

http://www.firstcandle.org/expectantparents/exp_reduce_qa.htm

http://kidshealth.org/parent/firstaid_safe/home/safety_crib.html

<http://www.nichd.nih.gov/womenshealth/research/pregbirth/sids.cfm>

<http://www.sidsalliance.org/whenababy/whenababy.htm>

A Gonzaga graduate nursing student Margaret Gehring created this informational material. It should be used in consultation with a health care provider

Sudden

Infant Death Syndrome (SIDS)

What you need to know



Common Questions

What is Sudden Infant Death Syndrome?

SIDS is the sudden unexplained death of an apparently healthy baby under one year old. Recent studies have found things parents can do to cut down the chances of their baby dying from SIDS.

1. Sleeping on their backs
2. Sleeping alone
3. Sleeping on a firm mattress without extra blankets and pillows in the crib.
4. Using a pacifier

Why is back sleeping a safer position?

With stomach sleeping the carbon dioxide from exhaled air may get trapped between the infant's face and bedding. The infant breathes the carbon dioxide and the level of carbon dioxide rises. Normally this increase in carbon dioxide triggers the infant to wake up and cry but it has been found that babies with a minor flaw in the brain stem development have greater risk for SIDS.

If they spit up won't they choke on the fluid?

There is no evidence of increased occurrence of choking aspiration or pneumonia. Other research has shown that there is a decreased rate of spitting up in infants placed on their backs to sleep.

How should I fix the infant's bed?

Keep soft objects and loose bedding out of the crib. Soft objects include pillows, quilts, comforters, sheepskins, and stuffed toys.

What about blankets? Won't the infant get cold?

Studies show that there is a connection with hyperthermia (too warm) and SIDS. The infant's head should always be uncovered. Research is showing a high link between head covering and SIDS.

It is thought that as the infant grows its metabolism speeds up, as does its body fat. But the baby cannot regulate its temperature very well, making the baby unable to withstand heat. Even a small increase in body temperature can have a profound effect on the respiratory rate, causing the baby's breathing to slow down or stop. Back sleeping appears to prevent an increase in body temperature better than stomach sleeping. One blanket that does not cover the head is best.

Do pacifiers help prevent SIDS?

Research indicates that the use of pacifiers does significantly decrease the occurrence of SIDS, although the reason is not yet known. NIH recommends the use of a pacifier, after the first month, every time the infant is put to sleep.

Which infants are most at risk for SIDS?



- Infants of mothers less than 20 years old
- Late or no prenatal care
- Most common between 2 and 4 months but can happen up to one year
- Infants of smokers
- Low birth weight, premature, multiples or short intervals between births
- African Americans have 2 ½ times greater risk
- Native Americans have 3 times greater risk