

# “Back To Sleep”

*How You Can Help Reduce SIDS Risk*



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## Statistics

- SIDS is the 3<sup>rd</sup> leading cause of infant mortality in the US, behind prematurity and congenital anomalies
  - Leading cause of death in infants after 1 month of age
  - Most occur between 2-4 months of age
- Sleeping in prone position puts the infant at a 13 times greater risk for SIDS
- African Americans and American Indians have a 3 times greater incidence of SIDS

# *How You Can Help Reduce SIDS Risk*

## SIDS IS

- A sudden death of a baby that cannot be explained after:
  - Autopsy
  - Examination of death scene
  - Review of medical history
- A diagnosis by exclusion

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## SIDS is *NOT*

- Caused by external suffocation
- Caused by vomiting and choking
- Caused by immunizations
- Child abuse
- Contagious
- Hereditary
- Predictable or *completely* preventable

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## Factors That May Increase the Incidence of SIDS

- Smoke exposure in the home may predispose the infant to respiratory difficulties
- Overheating
- Respiratory illness
- Sleeping on a soft surface
- Bed-sharing
- Soft bedding or stuffed animals in bed

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## What You Should Know About These Risk Factors

- Risk factors don't CAUSE SIDS, but may happen more often in babies that die of SIDS
- Even babies who have no risk factors can die of SIDS
- SIDS cannot be *completely* prevented
- SIDS is nobody's fault

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## Back Sleeping

- The pathophysiology isn't known, however, we know that the rate of SIDS has dropped by 50% since the "Back to Sleep" campaign
- May be due to:
  - Maintaining a patent airway
  - Limit re-breathing of CO<sub>2</sub>
- Side sleeping is better than stomach sleeping, but still TWICE the risk of back

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## Bed Sharing

- From the National Infant Sleep Position Study (NISPS)
  - Infants who bed shared were 2.9 times more likely to sleep between 2 bedcovers
  - 1.75 times more likely to be covered with a quilt
  - Adult beds are not designed for babies
    - Comforters, pillows, soft mattresses increase the risk of suffocation
    - Baby could become trapped between the headboard, wall or under an adult body
  - For breast-feeding mothers, “Share Your Room, Not Your Bed”



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## Nursing Considerations:

### In the Hospital

- No comforters, quilts, sheepskins, blankets, pillows or wedges under or around the baby
- Avoid over-wrapping
- Feet-to-Foot
- Need to address SIDS prevention

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## Nursing Considerations:

### Discharge Teaching

- Always “Back to Sleep”
- Smoke-free environment
- Use sleep clothing or *wearable* blankets rather than blankets
- Firm mattress with tightly fitted sheets
- Avoid over-heating with clothing (no hats), blankets and environmental heating (room 70-72 degrees)

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## Nursing Considerations:

### Discharge Teaching

- Avoid wedges and positioning devices
- Keep crib free of stuffed animals, toys, and soft objects
- Face and head to stay uncovered during sleep
- Feet to Foot
- “Share your Room, Not your Bed”
- Tell others about your plan (grandparents, caregivers, babysitters)

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## Common Concerns Related to Supine Position

- No increase in deaths related to aspiration pneumonia or GERD
- Head flattening is reduced with regular *supervised* “tummy time” while awake
- Attainment of gross motor developmental milestones may occur slightly later, but no longer detectable by 18 months of age

*Source: American Academy of Pediatrics (AAP)*

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***You CAN Make a Difference!***

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For more information-

- **First Candle/SIDS Alliance:**
  - [www.firstcandle.org](http://www.firstcandle.org) ; 800-221-SIDS
- **Back to Sleep**
  - [www.nichd.nih.gov](http://www.nichd.nih.gov) ; 800-505-CRIB
- **March of Dimes**
  - [www.marchofdimes.com](http://www.marchofdimes.com)
- **Halo Innovations**
  - [www.halosleep.com](http://www.halosleep.com) ; 888-999-HALO (4256)

# *How You Can Help Reduce SIDS Risk*

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Reduce the Risk of SIDS

# Safe Sleep for Your Baby

## Peace of Mind for You



### HALO® 2-in-1 SleepSack™ Swaddle

#### Swaddling Made Simple and Safe.

The HALO® SleepSack™ Swaddle is uniquely designed to prevent the swaddle from being placed too high on the body and near baby's face. The 2-in-1 HALO® SleepSack™ Swaddle allows you to remove the swaddle and use it as a regular HALO® SleepSack™ wearable blanket when your baby outgrows swaddling.

#### The Safer Way to Sleep®

Regular baby blankets in the crib can be dangerous! The HALO® SleepSack™ wearable blanket eliminates the need for loose blankets and is the #1 choice of parents, hospitals and leading experts for keeping your baby safe and warm all night long. For safe sleep tips, visit [www.halosleep.com](http://www.halosleep.com)



Unique 2-in-1 design removable swaddle allows you to use as a regular HALO® SleepSack™ wearable blanket when babies outgrow swaddling.

#### Reduce the Risk of SIDS

Designed by a parent who lost an infant to SIDS, and now used in hospital nurseries nationwide, the HALO® SleepSack™ wearable blanket replaces loose blankets that can cover your baby's face and interfere with breathing. It's the only product that carries the gold seals of the leading SIDS organizations in both the U.S. and Canada.

#### Functional and Fun

HALO offers a fashionable variety of fabrics, prints and sizes from preemie to age 5. The HALO® SleepSack™ wearable blanket is not only safe but cute, too!



The American Academy of Pediatrics, leading SIDS organizations and health professionals suggest the use of wearable blankets. A percentage of our sales go to support SIDS research and education in the U.S. and Canada.



To find a retailer near you, visit:

[www.halosleep.com/togo/2226](http://www.halosleep.com/togo/2226)  
or call 888-999-HALO (ext. 2226)