



Infant Safe Sleep Practices PRAMS 2018



Background

The data on infant sleep practices used for this report are from the 2018 Pregnancy Risk Assessment Monitoring System (PRAMS) survey. The information is from recent mothers who participated in the survey.

Sudden unexpected infant death (SUID) is the death of an infant less than 1 year of age that occurs suddenly and unexpectedly. Most SUIDs are sleep-related, with causes including Sudden Infant Death Syndrome (SIDS), Accidental Suffocation and Strangulation in Bed (ASSB), and undetermined causes. The sleep-related cause of death is a leading cause of infant mortality. Non-Hispanic blacks have the highest rates of sleep-related infant death.

To reduce the risks for sleep-related infant deaths, the American Academy of Pediatrics (AAP) recommends:

- placing infants on his or her back on a firm sleep surface such as a mattress in a safety-approved crib or bassinet;
- having the infant and caregivers share a room, but not the same sleeping surface; and
- avoiding use of soft bedding, like blankets, pillows, and soft objects, in infants' sleep environment.

Other ways to reduce the risk for sleep-related infant deaths include breastfeeding, getting routine immunizations, and avoiding prenatal and postnatal exposure to tobacco smoke, alcohol, and illegal drugs.¹

Which mothers usually put their babies on their back to sleep?



About 66% of non-Hispanic black mothers



About 85% of Hispanic mothers



90% of non-Hispanic white mothers

Which mothers usually have their babies sleep alone in a crib?



Nearly 78% of non-Hispanic black mothers



86% of Hispanic mothers



Nearly 90% of Hispanic mothers and non-Hispanic white mothers

Does baby sleep with soft bedding? (Not recommended)



About 46% of recent mothers report their babies sleep with a blanket



About 30% of recent mothers report their babies sleep on a mattress or bed



About 13% of recent mothers report their babies sleep in a crib with bumper pads



About 6% of recent mothers report their babies sleep with toys or pillows

Did health care workers tell mothers to place their babies' cribs or beds in the same room where they sleep?



About 55% of mothers were informed

Actions to Promote Safe Sleep

Ask mothers and caregivers about how they place their babies to sleep.

Remind mothers and caregivers to follow these safe sleep practices:

- Place babies on their backs for all sleep times, like naps and at night.
- Use a firm sleep surface, like a mattress in a safety approved crib.
- Share the same room, but do not sleep in the same bed with the baby.
- Keep blankets, pillows, bumper pads, soft toys, and other soft bedding out of the baby's sleep area.
- Do not place a baby to sleep on a couch, sofa, or armchair.

Resources

CDC Vital Signs: <https://www.cdc.gov/vitalsigns/safesleep/>

American Academy of Pediatrics:

<http://pediatrics.aappublications.org/content/early/2016/10/20/peds.2016-2938/>

Safe to Sleep Campaign: <https://www1.nichd.nih.gov/sts/Pages/default.aspx>

References

1. Moon RY; Task Force on Sudden Infant Death Syndrome. SIDS and other sleep-related infant deaths: evidence base for 2016 updated recommendations for a safe infant sleeping environment. *Pediatrics* 2016;138:e20162940.

To learn more about PRAMS methods and to see data availability by year visit:

<http://dph.illinois.gov/data-statistics/prams>



THE BEST SOURCE OF DATA ON MOTHERS AND BABIES