

Sudden Infant Death Syndrome (SIDS)

Sudden Infant Death Syndrome (SIDS), also known as crib death, is the unexplained death of an infant under the age of 1. It is the leading cause of infant mortality in children 1 month to 1 year of age. Unfortunately, there is no way to prevent every case of SIDS. While the mechanism of SIDS is poorly understood, years of research have revealed some important things that parents should know to minimize the risk of SIDS.

Protective factors to lower the risk of SIDS:

1. Sleeping on the back (face up; side sleeping is not recommended)
2. Room-sharing but not bed-sharing
3. Breast feeding
4. Fan use
5. Pacifier use during sleep
6. Avoiding maternal tobacco use during pregnancy
7. Avoiding exposure to secondhand smoke
8. Routine immunizations according to schedule

The following are known to increase the risk of SIDS and should be avoided:

1. Sleeping side or face down
2. Use of sleep positioners
3. Soft sleeping surfaces
4. Use of crib accessories such as blankets, quilts, pillows and stuffed toys
5. Crib bumper pads
6. Bed-sharing with parents or siblings
7. Use of car seat or other sitting device (swing, stroller, infant carrier) for sleep
8. Overheating. We recommend keeping the home $\leq 74^{\circ}\text{F}$. Do not over-bundle or overdress your infant.
9. Exposure of an infant to secondhand smoke
10. The following maternal risk factors
 - a. Young maternal age
 - b. Maternal smoking during pregnancy
 - c. Late or no prenatal care