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Terminology

SIDS

(Sudden infant death syndrome)

- The unexplained death of an infant less than 1 year of age after a thorough investigation and autopsy has ruled out any other cause of death
- Since the “Back to Sleep” campaign in 1994 the U.S. SIDS rate has declined by more than 50%

Cosleeping

- Sharing a bed, couch, or other sleeping area with your child
- Some parents do this every night while others only do so occasionally

Overlaying

- Unintentional laying on and smothering of an infant by another person

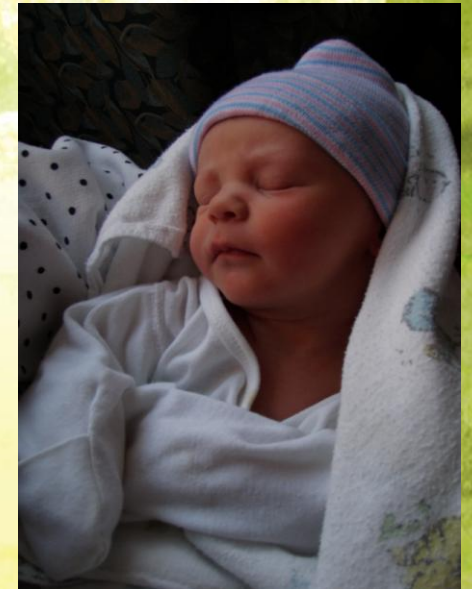
Want More Information?

- National Institute of Health
www.nichd.nih.gov/SIDS
- AAP Task Force on Sudden Infant Death Syndrome
www.aap.org
- Consumer Product Safety Commission
www.cpsc.gov

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**Cosleeping with your
infant...Is it safe?**

**Guidelines to Reduce
SIDS and Accidental
Infant Death**

Why do some parents choose to cosleep?



- Having baby nearby for more convenient breastfeeding
- May help babies fall asleep faster after waking
- May help develop a stronger bond between baby and parents
- Studies show both baby and parents sleep more hours while cosleeping

Risks of Cosleeping

Studies have shown greater incidence of SIDS in families that cosleep with their infant

There has also been increase incidence of accidental death due to:

- accidental overlying leading to suffocation
- Increased risk of entrapment, wedging, falling, and strangulation
- suffocation due to pillows, blankets, and soft mattresses

The highest risk of infant death is while cosleeping on a couch

Recommendations are to have baby in the same room as the parents but not the same bed

The American Academy of Pediatrics (AAP) and the National Institute of Health (NIH) and the Consumer Product Safety Commission (CPSC) recommend against cosleeping

Recommendations



- Always place your baby on their back to sleep
- Never sleep next to your baby under the influence of alcohol or drugs
- Place your baby on a firm mattress with a tight fitting sheet
- Keep pillows, toys, and loose blankets away from your baby's sleep area