

## **NPM 7: SAFE SLEEP**

### **GOAL**

To increase the percent of infants placed to sleep on their backs and in a safe sleep environment.

### **SIGNIFICANCE**

Due to heightened risk of Sudden Infant Death Syndrome (SIDS) when infants are placed to sleep inside (lateral) or stomach (prone) sleep positions, the American Academy of Pediatrics (AAP) has long recommended the back (supine) sleep position.<sup>1</sup> To further reduce SUID, the AAP has several other recommendations for a safe sleep environment that include using a firm non-inclined sleep surface (e.g., crib or bassinet), room-sharing without bed-sharing, and avoiding soft bedding.<sup>2</sup>

### **DEFINITION**

#### **Numerators:**

- Number of women who reported that they placed their infant to sleep only on their backs (not stomach or side) in the past two weeks.
- Number of women who reported that their infant always slept alone in their own crib or bed while they themselves were sleeping in the past two weeks. Cribs or beds include a crib, portable crib, or bassinet, and not a twin or larger mattress or bed, couch, sofa, armchair, car seat, swing, rocker, or other inclined sleeper.
- Number of women who reported that their infant was not placed to sleep with comforters, quilts, blankets, non-fitted sheets, soft toys, cushions, pillows (including nursing pillows), or crib bumper pads (mesh or non-mesh) in the past two weeks.
- Number of women who reported that their infant's crib or bed was in the same room where they or another adult slept in the past two weeks.

#### **Denominators:**

- Number of women with a recent live birth, excluding those whose infant has died or is not currently living with them.

### **HEALTHY PEOPLE 2030 OBJECTIVE**

- Related to MICH Objective D3: Increase the proportion of infants who are put to sleep in a safe sleep environment. (Developmental).

### **STATUS**

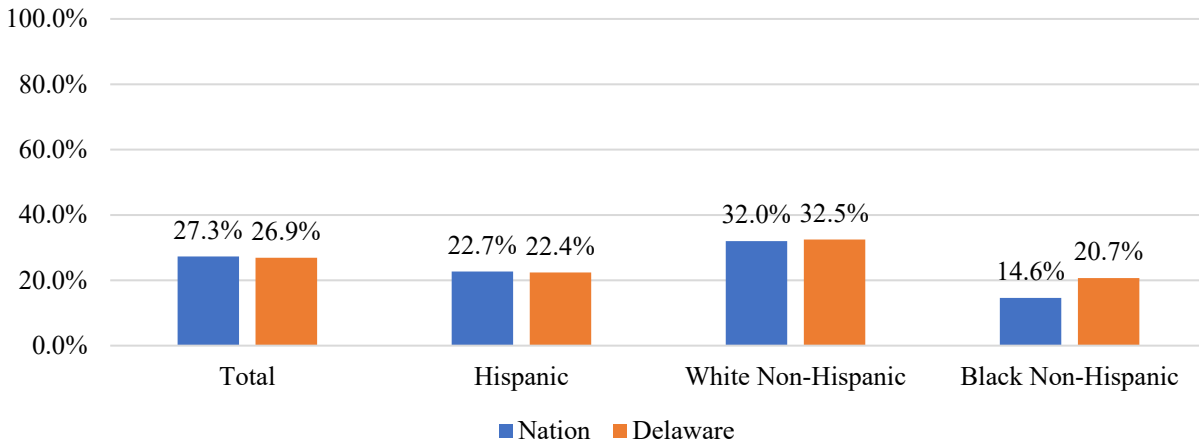
The estimated percentage of infants in Delaware who reportedly engaged in safe sleep behaviors was lower among Black non-Hispanic infants as compared to White non-Hispanic infants, and to a lower extent, Hispanic infants (Figure 1).

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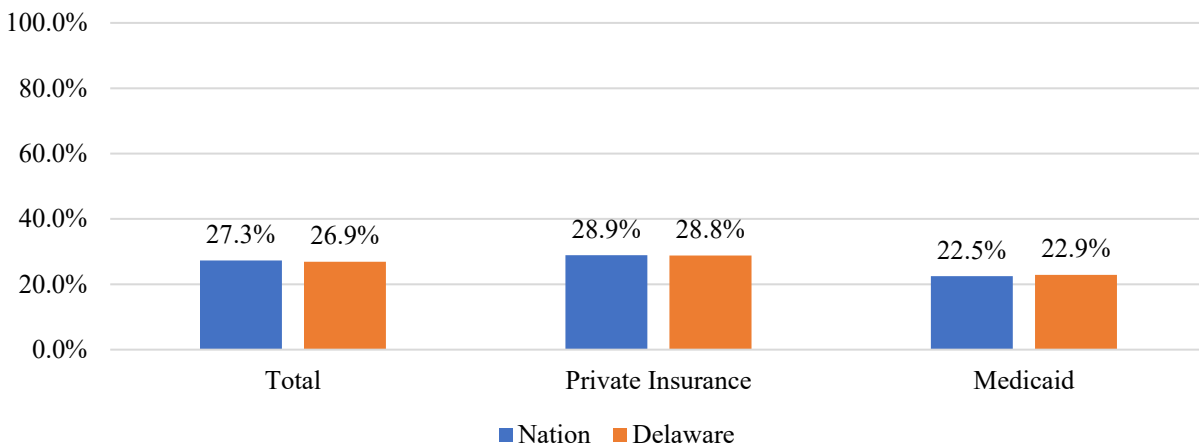
<sup>1</sup> Moon RY, Carlin RF, Hand I; Task Force on Sudden Infant Death Syndrome and the Committee on Fetus And Newborn. Evidence Base for 2022 Updated Recommendations for a Safe Infant Sleeping Environment to Reduce the Risk of Sleep-Related Infant Deaths. *Pediatrics*. 2022;150(1):e2022057991.

<sup>2</sup> Moon RY, Carlin RF, Hand I; Task Force on Sudden Infant Death Syndrome and the Committee on Fetus And Newborn. Sleep-Related Infant Deaths: Updated 2022 Recommendations for Reducing Infant Deaths in the Sleep Environment. *Pediatrics*. 2022;150(1):e2022057990. doi:10.1542/peds.2022-057990.

**Figure 1. Estimated Percentage of Infants Reportedly Engaged in Proper Safe Sleep Behaviors, by Selected Race/Ethnicities, PRAMS 2021.**



**Figure 2. Estimated Percentage of Infants Reportedly Engaged in Proper Safe Sleep Behaviors, by Health Care Coverage, PRAMS 2021.**



**Figure 3. Estimated Percentage of Infants Reportedly Engaged in Proper Safe Sleep Behaviors, by Age of Mother, PRAMS 2021.**

