

SAFE SLEEP



★ RECOMMENDATIONS FOR SLEEP SAFETY

Until their first birthday, babies should sleep on their backs for all sleep times - for naps and at night. To promote safe sleep practices, focus on these key messages:

Sleep Alone

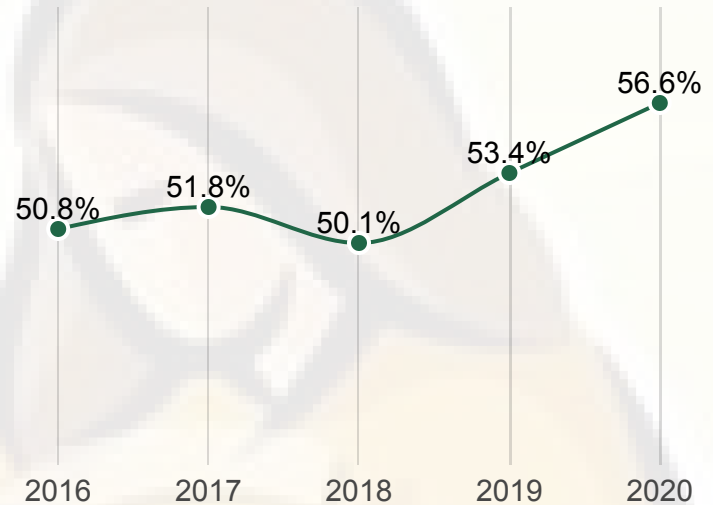
On Back

Empty Crib

Smoke Free

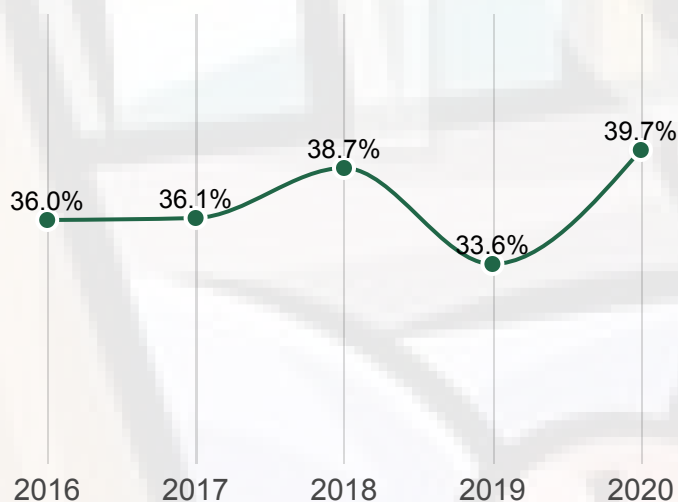
Safe Person

For a complete list of safe sleep information, visit [healthychildren.org](https://www.healthychildren.org)



DELAWARE INFANTS WHO USUALLY SLEEP IN AN EMPTY CRIB (NO BLANKETS, TOYS, CUSHIONS, PILLOWS OR BUMPER PADS)

DELAWARE INFANTS WHO SLEEP ALONE ON AN APPROVED SURFACE (CRIB, BASSINET OR PACK AND PLAY)



HOW ARE WE DOING?

The number of Delaware infants who sleep in an empty crib has increased from 2016 to 2020, rising to 56.6%.

The percentage of Delaware infants who sleep alone on an approved surface has fluctuated from 2016 to 2020, currently resting at 39.7%.



Health care providers and researchers don't know the exact causes of Sudden Infant Death Syndrome (SIDS). However, research shows parents and caregivers can help reduce the risk of SIDS and other sleep-related infant deaths.

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Sleep-related infant deaths are the leading cause of infant death after the first month of life and the third leading cause of infant death overall.

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<https://dethrives.com/title-v>



FEDERAL GOALS

Increase the number of infants placed to sleep on their backs.

- The American Academy of Pediatrics (AAP) recommends use of the back-sleep position on a separate firm sleep surface and without loose bedding.

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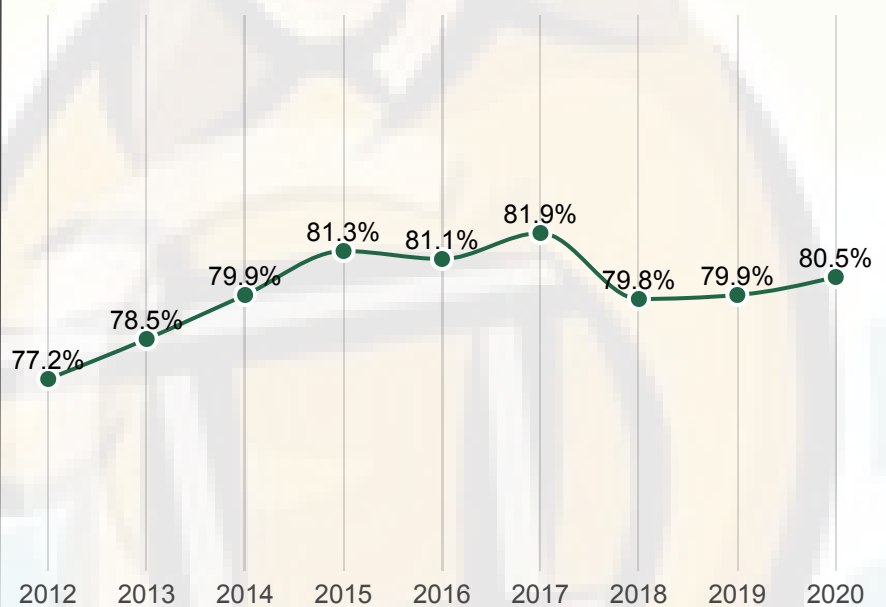
Sleep-related Sudden Unexpected Infant Deaths (SUIDs) include Sudden Infant Death Syndrome (SIDS), unknown cause, and accidental suffocation and strangulation in bed. Due to heightened risk of SIDS when infants are placed to sleep in side (lateral) or stomach (prone) sleep positions, the American Academy of Pediatrics (AAP) has long recommended the back (supine) sleep position.

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HOW ARE WE DOING?

The number of Delaware infants who are placed on their backs to sleep was making progress, then dropped 2% between 2017 and 2018, but is slowly on the rise again, resting at 80.5%.



PERCENTAGE OF DELAWARE INFANTS PLACED TO SLEEP ON THEIR BACKS



PERCENTAGE OF DELAWARE INFANTS PLACED TO SLEEP ON THEIR BACKS BASED ON RACE/ETHNICITY