

SAFE SLEEP

- sleep-related deaths are the leading preventable cause of infant mortality •

the issue:

SUDDEN INFANT DEATH SYNDROME (SIDS)

and other sleep-related deaths is one of the leading causes of post-neonatal mortality in Baker County. The top risk factors associated with these deaths are:

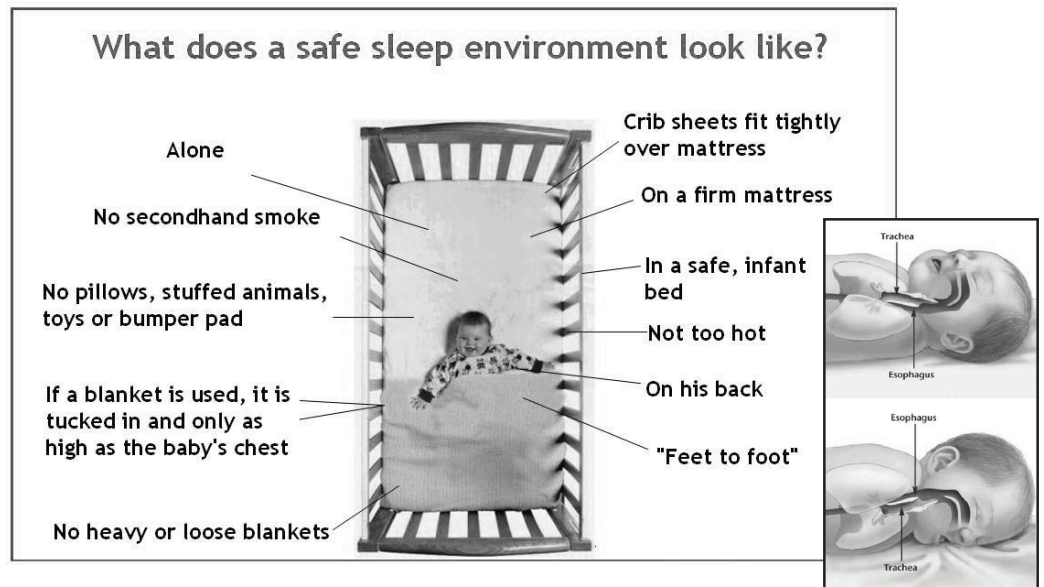
- Inappropriate bedding
- Not on back to sleep
- Secondhand smoke
- Unsafe items in bed
- Never breastfed

Comprehensive awareness and informational campaigns have been credited with changing behavior and reducing sleep-related deaths.

post pregnancy:

Sudden Unexplained Infant Deaths (SUIDs) account for almost a fifth of all infant deaths.

What does a safe sleep environment look like?



WHAT CAN YOU DO?

1. Provide information consistent with AAP recommendations: http://nefhealthystart.org/wordpress/wp-content/uploads/2011/02/peds.2011-2284.full_.pdf
2. Go beyond basic brochure distribution: have someone in your office address infant sleep directly with the patient. Discuss safe sleep in general, not just SIDS, and address concerns about choking and aspiration.
3. Encourage room-sharing, not bed-sharing.
4. Follow the multidisciplinary FIMR case review team's recommendation to focus on safe sleep surface and bed sharing as a means to reducing sleep-related deaths. <http://nefhealthystart.org/wordpress/wp-content/uploads/2012/10/Project-Impact-2011-2012-Single-pages1.pdf>