

# Honor the Past, Learn for the Future

Reduce the Risk of Sudden Infant Death Syndrome (SIDS) and Other Sleep-Related Causes of Infant Death



SIDS is the leading cause of death in infants between 1 month and 1 year of age. American Indian/Alaska Native babies are nearly three times as likely to die from SIDS as white babies are.

Health care providers don't know exactly what causes SIDS, but they do know that:

**Babies sleep safer on their backs.** Babies who sleep on their backs are much less likely to die of SIDS than are babies who sleep on their stomachs or sides. Always place your baby on his or her back to sleep.

**Every sleep time counts.** Babies who usually sleep on their backs but who are then placed on their stomachs to sleep, like for a nap, are at very high risk for SIDS. It's important that everyone who cares for your baby use the back sleep position for all sleep times, for naps and at night.

**Sleep surface matters.** Babies who sleep on a soft surface or under a soft covering are more likely to die of SIDS. Place your baby on a firm sleep surface, such as a mattress in a safety-approved\* crib, covered by a fitted sheet.

## **Other ways to reduce the risk of SIDS and other sleep-related causes of infant death:**

- Keep soft objects, toys, and loose bedding (including crib bumpers and quilts) out of baby's sleep area.
- Keep items away from baby's face, and make sure baby's face and head stay uncovered during sleep.
- Breastfeed your baby to reduce the risk of SIDS.
- Don't let your baby get too warm during sleep.
- Don't smoke during pregnancy, and do not smoke or allow smoking around your baby.
- Don't drink alcohol while you are pregnant or breastfeeding.

\* For more information on crib safety, contact the Consumer Product Safety Commission at 1-800-638-2772 or <http://www.cpsc.gov>.



For more information about reducing the risk of SIDS and other sleep-related causes of infant death, or the Healthy Native Babies Project, contact the Safe to Sleep® campaign at: 1-800-505-CRIB (2742) or <http://www.nichd.nih.gov/SIDS>



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