

# SAFESLEEP

- M A I N E -

## WHAT MEDICAL PROVIDERS NEED TO KNOW ABOUT SAFE SLEEP



### **ALONE**

Stay Close,  
Sleep Apart.



### **BACK**

On Their Back  
for Nights and Naps.



### **CRIB**

Clean, Clear Crib.



### **DRUG-FREE**

Be Aware, Not Impaired.  
Keep Your Home Drug-Free.

As a medical provider, you will often be asked for advice on how to care for a newborn. Caring for newborns is a topic people will often seek the advice on. Safe Sleep ME is a campaign from the Department of Public Health and Human Services to provide you with up-to-date information about infant Safe Sleep. Our guidance aligns with the American Academy of Pediatrics (AAP) and the National Institute of Child Health and Human Development (NICHD) recommendations.

In 1994, the AAP first recommended putting infants on their back to sleep. Since that time, sleep-related deaths decreased by 50%. This is great progress but there is still more work to do. SIDS remains the leading cause of deaths from one month of age to one year of age. Every year in Maine, 10-12 infants die unexpectedly while sleeping. Sadly, most of these are preventable. Most of these infants have at least one sleep-related risk factor documented. These risks include:

- The baby not being put on their back to sleep.
- The baby sharing a bed with an adult or another child.
- The baby sleeping on surfaces not designed for infant sleep such as a sofa or adult bed.
- Hazards in the crib such as blankets and pillows, bumper pads or toys.
- The baby sharing a bed with someone who is using alcohol or drugs, including some prescription drugs.

Many of the sleep-related infant deaths in Maine involved sharing a bed with an adult or other person. This is a very dangerous practice and these deaths may be preventable. An infant is much more likely to die from unsafe sleep than from a motor vehicle collision. Infants are five times more likely to die when bed sharing, if alcohol, drugs including cough and cold medicines are involved, the risk is up to 53 times greater than if they put the baby to sleep in his or her own crib.

Visit [SafeSleepForME.org](https://www.SafeSleepForME.org) for more information

