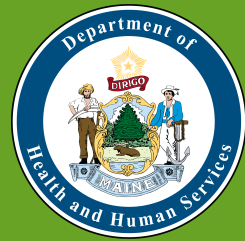


Safe Sleep Practices Among Maine Infants



Infant deaths due to unsafe sleep are preventable.

Protect infants by using the safe sleep gold standard:

- 1
Infant sleeps on back


Not stomach or side
- 2
Infant sleeps alone on firm, flat surface


In same room but not same bed with parent. No couches, swings or car seats.
- 3
Infant sleeps without soft objects


No bumper pads, pillows, blankets or stuffed animals

Sleep-related infant death

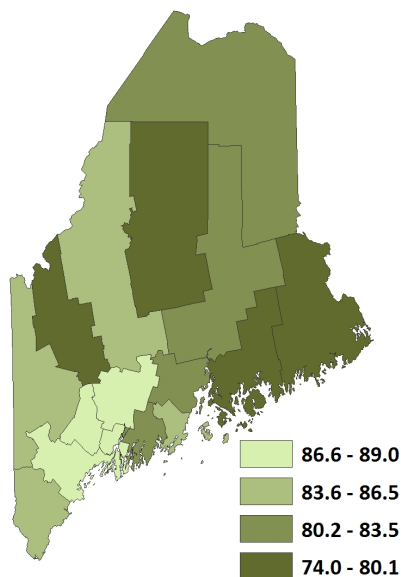
Sudden Unexpected Infant Death (SUID)¹ is the third leading cause of infant mortality in Maine. Between 2015 and 2017, there were 30 infant deaths in Maine classified as SUID deaths. These included deaths categorized as Sudden Infant Death Syndrome (SIDS), accidental suffocation and strangulation in bed, and unknown cause.²


4 in 5
Maine caregivers report at least one unsafe sleep practice.³

Infant Sleeps on Back



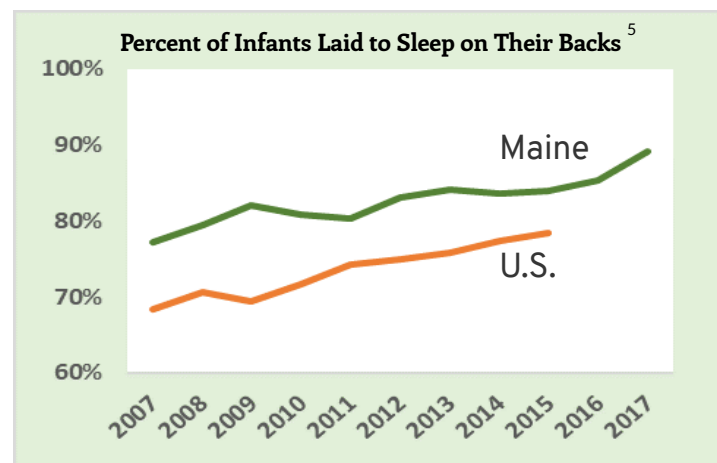
Percent of Infants Placed to Sleep on Their Back, by County, 2012-2017



9 in 10 Maine infants (89%) are placed to sleep on their back.

In the 1990s, the American Academy of Pediatrics began recommending that infants be placed to sleep on their backs. Since then, sleep-related infant death has declined dramatically.⁴

- ★ Over time, more Maine infants are being placed to sleep on their backs.
- ★ The percent of infants placed to sleep on their backs is higher in Maine than the U.S.

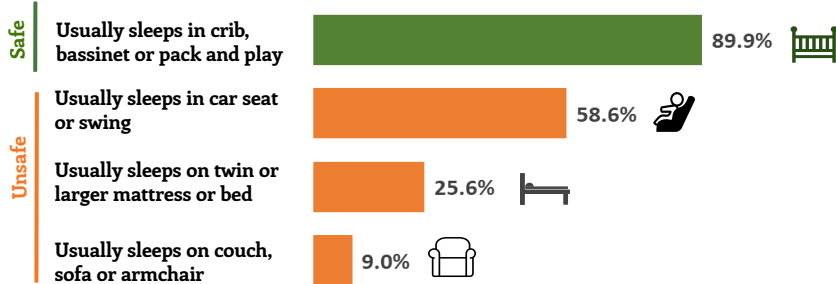


1: Sudden Unexpected Infant Death (SUID) is the sudden and unexpected death of a baby less than 1 year old in which the cause was not obvious before investigation. These deaths often happen during sleep or in the baby's sleep area.
 2: Centers for Disease Control and Prevention, National Center for Health Statistics. Underlying Cause of Death 1999-2017 on CDC WONDER Online Database, released December, 2018. Data are from the Multiple Cause of Death Files, 1999-2017, as compiled from data provided by the 57 vital statistics jurisdictions through the Vital Statistics Cooperative Program. Accessed at <http://wonder.cdc.gov/ucd-icd10.html> on Apr 26, 2019 11:34:22 AM.
 3: Unsafe sleep practice includes: usually places infant to sleep on side or stomach, infant sometimes/rarely/never sleeps in own bed, unapproved surface, or used soft bedding (refer to definitions on page 2).
 4: U.S. Centers for Disease Control and Prevention. Morbidity and Mortality Weekly Report. January 12, 2018 / Vol. 67 / No. 1.
 5: U.S. Data: Pregnancy Risk Assessment Monitoring System (PRAMS).


Infant Sleeps Alone on Firm Flat Surface

 About **1 in 4** infants (28%) are usually put to sleep alone on an approved surface.⁶

Although 90% of Maine infants are usually placed to sleep in a crib, bassinet or pack and play, many infants are also placed to sleep on unsafe surfaces.



Sleep surfaces are not mutually exclusive.

 **60%** of infants often or always sleep alone in their own crib or bed.



 **78%** of infants share a room with parents.



Breastfeeding infants are less likely to have slept alone in their own crib in the past two weeks.

Infants Sleeps without Soft Objects

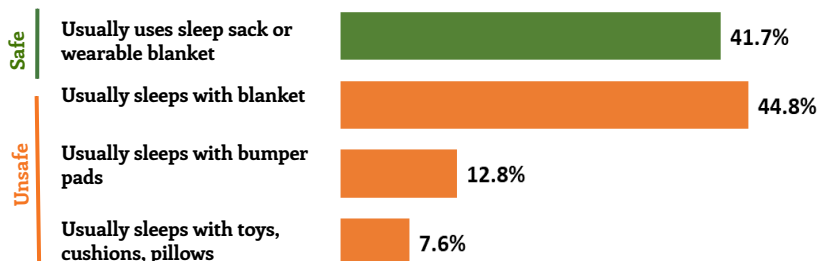


1 in 2 (49%) of infants are usually put to sleep without soft bedding.⁷

Soft bedding, including blankets, quilts, and pillows can block an infant's airway, leading to unintentional sleep-related suffocation.⁸



Infants may be placed to sleep with a variety of unsafe objects.



Providers Can Help Caregivers Learn About Safe Sleep

Any provider who works with pregnant women and families with infants (doctors, nurses, home visitors, day care providers, social workers, etc.) can help reduce the risk of sleep-related infant deaths by providing safe sleep recommendations. They can also encourage mothers to breastfeed, immunize their infants, and avoid prenatal and postnatal exposure to tobacco smoke, alcohol, and illicit drugs, all of which can reduce the risk of sleep-related death.⁴

Percent of mothers who receive advice from a health care provider on:

Sleeping on back, 97.5%



What goes in/stays out of crib, 90.7%



Sleeping in crib, 89.9%



Sleeping in same room, 55.8%



 **52.8%** of mothers receive all components of sleep advice.



For more information visit:

www.maine.gov/dhhs/mecdc/population-health/safe-sleep/
www.safesleepforME.org

Safe Sleep Data Source:

Maine Pregnancy Risk Assessment Monitoring System (PRAMS), 2017 (unless year otherwise specified).

6. Approved sleep surface: Infant always or often slept alone, and usually slept a crib, bassinet or pack and play and did not usually sleep on a twin or larger mattress or bed, on a couch, sofa or armchair, or in an infant car seat or swing in the last two weeks.
 7. Soft bedding includes: usually put to sleep with a blanket, toys, cushions or pillows, or with crib bumper pads in the last two weeks.
 8. National Institutes of Health. Unsafe Infant Bedding Use Still Common. Accessed from: <https://www.nih.gov/news-events/nih-research-matters/unsafe-infant-bedding-use-still-common>.