



Infant Sleep Practices

2022 Maine Infant Sleep Data

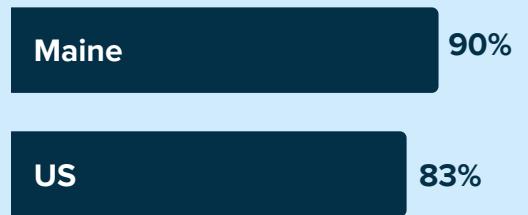
From the Pregnancy Risk Assessment Monitoring System (PRAMS)



The PRAMS survey collects data directly from Maine birthing parents about how their infant sleeps. The American Academy of Pediatrics (AAP) recommends placing infants to **sleep on their backs** and in a **safe environment to reduce the risk of sleep-related death**.



In Maine, **9 in 10** (90%) infants are placed to sleep on their **back** compared to 83% in the US.



Nearly **3 in 4** (72%) infants are usually put to sleep without **soft bedding** (blankets, toys, cushions, pillows, and bumper pads). This is a significant improvement from 44% in 2016.



4 in 5 (81%) infants always or often sleep **alone** in their crib or bed.

Almost **9 in 10** (87%) infants **share a room** with their birthing parent.



9 in 10 (91%) infants usually sleep in a **crib, bassinet, or pack and play** in alignment with AAP recommendations.

Few infants **sleep on a couch, sofa, or armchair** (9%) or on a twin or larger mattress or bed (24%)¹.





Be alert to the dangers of secondhand smoke.

Secondhand smoke is related to many health problems in infants like pneumonia, ear infections, and Sudden Infant Death Syndrome (SIDS).



9 in 10 (90%) birthing parents did not smoke in the last 3 months of pregnancy.



9 in 10 (92%) households with infants have rules against smoking anywhere inside the home.

Health care workers can help caregivers learn about safe sleep by encouraging safe sleep recommendations.

Percent of birthing parents who report they received advice from a health care provider on:



Placing infant to sleep on back: **98%**



Placing infant's crib in parent's room: **73%**



Placing infant to sleep in a crib, bassinet, or pack and play: **95%**



What things should and should not be placed in a crib: **93%**

71% of birthing parents received all 4 safe sleep recommendations.

Some social determinants of health are associated with less consistent safe sleep practices, including²:



Birthing parents less than 25 years old



Lower educational attainment



Poverty

All data is from the 2022 Pregnancy Risk Assessment Monitoring System, unless otherwise indicated

Infant Sleep Data Source:
Maine Pregnancy Risk Assessment Monitoring System
Data, Research, & Vital Statistics
Maine Center for Disease Control & Prevention
Department of Health & Human Services

¹Sleep surfaces are not mutually exclusive.

²2021-2022 PRAMS data

Photo Credit: cribsforkids.org