

Infant Sleep Practices

2026 Update on Maine Infant Sleep Data

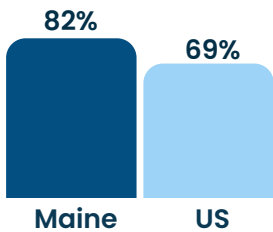
From the 2023 Pregnancy Risk Assessment Monitoring System (PRAMS)

The PRAMS survey collects data from Maine birthing parents about how their infant has slept *in the past 2 weeks*. 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**. Learn more about sleep-related death in Maine's **2025 Maternal, Fetal, and Infant Mortality Review (MFIMR) Annual Report**. The PRAMS survey infant sleep questions changed from 2022, thus this report **cannot be compared** to prior data.



Alone in Their Crib

Almost **2 in 3** (65%) Maine birthing parents report their infants **always slept alone in their crib** or bed when the parent slept; **83%** report their infants **shared a room** with an adult, as recommended by AAP.



4 in 5 (82%) birthing parents report infants were placed to sleep **only on their back** compared to 69% in the US. Maine ranked **1st** in the US on this measure.



On their Backs for Nights & Naps



Clean, Clear Crib

Nearly **8 in 10** (78%) birthing parents report their infants were **placed to sleep without soft bedding** (comforters, quilts, blankets, non-fitted sheets, soft toys, cushions, pillows, nursing pillows, or bumper pads).

1 in 10

(7%) birthing parents report **they currently smoke**. Secondhand smoke increases the risk of Sudden Infant Death Syndrome (SIDS) and other health issues. Exhaustion and the side effects of drugs (including over-the-counter) and alcohol are also risk factors, as they can impact caregiver decisions around infant sleep practices.



Be Aware, Know the Dangers Beyond the Crib

Only **3 in 10 (30%)** of birthing parents reported their infants were placed to sleep **only on their back, on their own, on an approved surface, and without soft objects** in the past two weeks, following AAP recommendations.



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

Photo Credit: cribsforkids.org



SafeSleepForME.org