





# The SIDS Prevention - Safe Sleep Strategies

2011 American Academy of Pediatrics

*Strength of Recommendation		Safe Sleep Strategies/Recommendations
1. Level A		"Back to sleep" for every sleep by every caregiver, starting at birth. Side and stomach positions are not safe.
2. Level A		Use a firm sleep surface: a firm mattress covered by a fitted sheet. Use a safe crib, bassinet, or portable crib/play yard that conforms to CPSC standards.
3. Level A		"Alone" - Do not sleep with your baby (sometimes called bed-sharing or co-sleeping). Rather, have baby in the same room with you, close by your bed (this is called room-sharing).
4. Level A		"Crib" - Keep soft or fluffy objects out of the crib, including bumper pads, loose blankets, stuffed animals, or pillows.
5. Level A-new		Receive regular prenatal care while you are pregnant.
6. Level A		Avoid smoke exposure during pregnancy and after the birth of the baby.
7. Level A-new		Avoid alcohol and illicit drug use during pregnancy and after birth.
8. Level A-new		Breastfeeding is recommended. The protective effect of breastfeeding increases with exclusivity. However, any breastfeeding has been shown to be more protective against SIDS than no breastfeeding.
9. Level A		Offer a pacifier at nap time and bedtime. For breast fed babies, wait until breastfeeding is well established (30 days).
10. Level A		Avoid overheating with clothes or too warm of an environment.
11. Level B-new		Infants should be immunized and seen routinely for well-baby checks.
12. Level B		Avoid commercial devices marketed to reduce the risk of SIDS, including wedges and positioners.
13. Level A		Do not use home cardiorespiratory monitors for SIDS risk reduction.
14. Level B		Provide supervised, awake "tummy time" to reduce the risk of plagiocephaly and to facilitate development.
15. Level C-new		Healthcare professionals including hospital nurses and child care providers should endorse the SIDS risk-reduction recommendations from birth.
16. Level C-new		Media and manufacturers should follow safe sleep guidelines in their messaging and advertising.
17. Level A		Expand the national campaign to reduce the risk of SIDS by focusing on the safe sleep environment and strategies to reduce risk.
18. Level C-new		Continue research and surveillance on SIDS.
<b>*Strength of Recommendation</b>		
<b>Level A Recommendations</b>		
Based on strong, consistent scientific evidence. There is high certainty that the net benefit is substantial, and the conclusion is unlikely to be strongly affected by the results of future studies.		
<b>Level B Recommendations</b>		
Based on limited or inconsistent scientific evidence. As more information becomes available, conclusions could possibly alter recommendations.		
<b>Level C Recommendations</b>		
Based primarily on expert opinion and consensus		

AAP, 2011, Table 1