



Infant Safe Sleep Practices PRAMS 2016



Background

These infant sleep practices data are from the 2016 Pregnancy Risk Assessment Monitoring System (PRAMS) survey. The information is from recent mothers who participated in the survey.

Sleep-related death is a leading cause of infant mortality. Non-Hispanic Blacks have the highest rates of sleep-related infant mortality.

To reduce risk factors for sleep-related infant deaths, the American Academy of Pediatrics (AAP) recommendations for safe sleep include:

- placing the infant on his or her back on a firm sleep surface such as a mattress in a safety-approved crib or bassinet,
- having the infant and caregivers share a room, but not the same sleeping surface, and
- avoiding use of soft bedding, like blankets, pillows, and soft objects, in the infant sleep environment.

Other ways to reduce the risk for sleep-related infant deaths include breastfeeding, getting recommended routine immunizations, and avoiding prenatal and postnatal exposure to tobacco smoke, alcohol, and illegal drugs.¹

Which mothers usually put their babies on her or his back to sleep?



About half of non-Hispanic Black mothers



About 80% of Hispanic mothers and mothers of other races



Nearly 90% of non-Hispanic White mothers

Which mothers usually have their babies sleep alone in a crib?



About 75% of non-Hispanic Black mothers and mothers of other races



Nearly 90% of non-Hispanic White and Hispanic mothers

Does baby sleep with soft bedding? (Not recommended)



Nearly 50% of recent mothers report their babies sleep with a blanket



About 30% of recent mothers report their babies sleep on a mattress or bed



15% of recent mothers report their babies sleep in a crib with bumper pads



Nearly 10% of recent mothers report their babies sleep with toys or pillows

Actions to Promote Safe Sleep

Ask mothers and caregivers about how they place their babies to sleep.

Remind mothers and caregivers to follow these safe sleep practices:

- Place babies on their back for all sleep times, like naps and at night.
- Use a firm sleep surface, like a mattress in a safety approved crib.
- Share the same room, but do not sleep in the same bed with baby.
- Keep blankets, pillows, bumper pads, soft toys, and other soft bedding out of baby's sleep area.
- Do not place baby to sleep on a couch, sofa, or armchair.

Resources

CDC Vital Signs: <https://www.cdc.gov/vitalsigns/safesleep/>

American Academy of Pediatrics:

<http://pediatrics.aappublications.org/content/early/2016/10/20/peds.2016-2938/>

Safe to Sleep Campaign: <https://www1.nichd.nih.gov/sts/Pages/default.aspx>

References:

1. Moon RY; Task Force on Sudden Infant Death Syndrome. SIDS and other sleep-related infant deaths: evidence base for 2016 updated recommendations for a safe infant sleeping environment. *Pediatrics* 2016;138:e20162940.

To learn more about PRAMS methods and to see data availability by year visit:

<http://dph.illinois.gov/data-statistics/prams>



THE BEST SOURCE OF DATA ON MOTHERS AND BABIES