



# **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.<sup>1</sup>

# 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

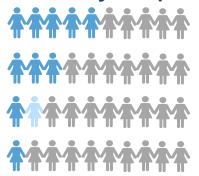
### Which mothers usually have their babies sleep alone in a crib?



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