



# Infant Safe Sleep Practices PRAMS 2017



## Background

These infant sleep practices data are from the 2017 Pregnancy Risk Assessment Monitoring System (PRAMS) survey. The information is from recent mothers who participated in the survey.

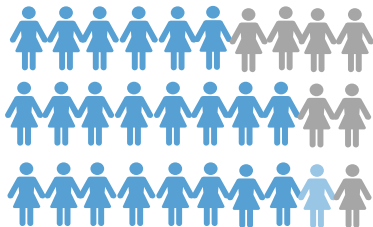
Sleep-related death is a leading cause of infant mortality. Non-Hispanic Blacks have the highest rates of sleep-related infant mortality.

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?

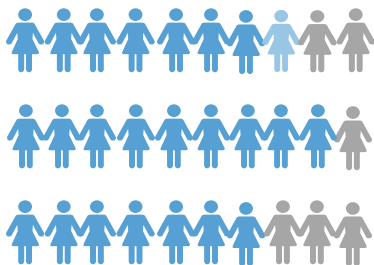


About 60% of non-Hispanic Black mothers

About 80% of Hispanic mothers

Nearly 90% of non-Hispanic White mothers

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



Nearly 80% of mothers of other races

About 90% of Hispanic mothers and non-Hispanic white mothers

About 70% of non-Hispanic Black mothers

## Does baby sleep with soft bedding? (Not recommended)



Nearly 45% 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

### Did health care workers tell mothers to place their baby's crib or bed in the same room where they sleep?



About 55% of mothers were informed

### 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>



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