



Infant Safe Sleep Practices

PRAMS 2020-2022



Background

This report includes infant-safe sleep practices reported from 2020 through 2022 using data collected by the Pregnancy Risk Assessment Monitoring System (PRAMS). The information is from recent mothers who participated in the survey.

Sudden unexpected infant death (SUID) is the death of an infant less than 1 year of age that occurs suddenly and unexpectedly. Most SUIDs are sleep-related, with causes including sudden infant death syndrome (SIDS), accidental suffocation and strangulation in bed, and other undetermined causes. SUID was the third leading cause of infant death in Illinois in 2021, with non-Hispanic Blacks having the highest rates of sleep-related infant death.¹

To reduce the risks of sleep-related infant deaths, the American Academy of Pediatrics (AAP) recommends the following safe sleep practices:

- Placing infants to sleep alone on their back, on a firm, flat, non inclined sleep surface, such as a mattress in a safety-approved crib or bassinet with only a fitted sheet.
- Having the infant and caregivers share a room, but not the same sleeping surface.
- Keeping soft objects, like pillows, blankets, toys, and loose bedding, away from an infant’s sleep environment.

Other ways to reduce the risk for sleep-related infant deaths include breastfeeding, offering a pacifier at nap/bedtime, getting routine prenatal care and immunizations, avoiding infant overheating and head covering, and avoiding exposure to tobacco smoke, alcohol, marijuana, opioids, and illicit drugs.²

Infant Sleep Position

PRAMS Indicator:	Percentage (95% CI) *		
	2020	2021	2022
Slept on Back Most Often			
Overall			
On their back	84.1 (81.6-86.3)	84.5 (81.9-86.8)	84.3 (81.5-86.8)
Race/Ethnicity			
NH White	91.5 (88.7-93.6)	90.2 (87.2-92.6)	88.3 (84.7-91.1)
NH Black	59.6 (51.6-67.2)	72.9 (64.1-80.1)	67.2 (58.1-75.2)**
Hispanic	83.7 (77.6-88.4)	80.1 (73.8-85.1)	87.8 (81.8-92.0)
Other	82.1 (71.7-89.3)**	81.1 (69.4-89.1)**	81.6 (67.7-90.4)**
Age			
<20 Years	64.6 (47.7-78.5)**	71.7 (54.6-84.3)**	66.1 (43.9-83.0)**
20-24 Years	76.2 (68.5-82.5)**	79.8 (70.1-87.0)	79.4 (70.1-86.3)
25-29 Years	83.7 (78.6-87.7)	76.5 (70.4-81.6)	82.4 (76.1-87.3)
30-34 Years	87.3 (83.0-90.6)	91.8 (88.4-94.3)	87.3 (82.7-90.7)
=>35 Years	89.3 (83.9-93.0)	87.3 (81.7-91.3)	87.7 (81.9-91.9)
Insurer after Delivery			
Medicaid	76.0 (71.2-80.1)	77.5 (72.7-81.7)	76.2 (70.8-80.9)
Private	91.2 (88.5-93.3)	90.4 (87.4-92.8)	90.4 (87.2-92.8)
Uninsured	70.5 (52.5-83.8)**	83.2 (66.4-92.6)**	88.7 (69.5-96.4)**

* Weighted percentage (95% Confidence Interval)

** Interpret with caution due to a larger confidence interval

Infants' Sleep Environment – Sleep with soft bedding, not recommended

PRAMS Indicator	Percentage (95% CI)*		
	2020	2021	2022
Sleeps with a blanket	40.2 (37.1-43.4)	39.1 (35.8-42.4)	33.5 (30.1-37.1)
In a twin or larger bed	31.6 (28.7-34.6)	31.7 (28.6-35.0)	34.8 (31.3-38.4)
In a crib with bumper pads	14.1 (12.0-16.5)	10.2 (8.3-12.4)	10.0 (8.0-12.5)
With toys, cushions, pillows	7.4 (5.9-9.3)	6.2 (4.8-8.0)	8.7 (6.8-11.0)

* Weighted percentage (95% confidence interval)

Information from Health Care Workers * about Infant Safe Sleep Practices

PRAMS Indicator	Percentage (95% CI)**		
	2020	2021	2022
Place baby on back to sleep	93.0 (91.1-94.5)	92.5 (90.5-94.1)	93.8 (91.8-95.4)
Place baby in crib, bassinet, or pack-n-play	89.3 (87.1-91.2)	90.2 (88.0-92.0)	89.3 (86.8-91.3)
What should/should not go in the crib with the baby	88.1 (85.9-90.0)	88.6 (86.3-90.6)	85.4 (82.7-87.8)
Place the crib in the room with the mom	60.7 (57.5-63.7)	60.4 (57.0-63.6)	59.2 (55.6-62.7)

* Survey Question 61: Did a doctor, nurse, or other health care worker tell you any of the following things? Response: Yes

** Weighted percentage (95% Confidence Interval)

Summary

1. From 2020 to 2022, the rate of infants who were put on their backs to sleep remained relatively stable.
2. From 2020 to 2022, non-Hispanic Blacks, 24 years of age or under, and those covered by Medicaid insurance versus private insurance were least likely to put their babies on their backs to sleep.
3. Among types of soft bedding, from 2020 to 2022 infants were most likely to sleep with a blanket or on a mattress/bed.
4. From 2020 to 2022, health care workers were most likely to provide information about putting infants on their back to sleep and least likely to inform mothers to put the infants' crib/bed in the same room with them.

Resources

CDC Helping Babies Sleep Safely: <https://www.cdc.gov/reproductive-health/features/babies-sleep.html>

American Academy of Pediatrics:

https://publications.aap.org/patiented/article/doi/10.1542/peo_document088/79989/Safe-Sleep-and-Your-Baby-How-Parents-Can-Reduce

Safe to Sleep Campaign: <https://safetosleep.nichd.nih.gov/>

References

1. Illinois Infant Mortality Data Report, 3rd Edition. Illinois Department of Public Health. (September 2024) <https://dph.illinois.gov/content/dam/soi/en/web/idph/publications/idph/topics-and-services/life-stages-populations/maternal-child-family-health-services/maternal-health/perinatal-health/infant-mortality-data-report-2024.pdf>
2. Moon RY, Carlin RF, Hand I; AAP Task Force on Sudden Infant Death; AAP Committee on Fetus and Newborn. Evidence Base for 2022 Updated Recommendations for a Safe Infant Sleeping Environment to Reduce the Risk of Sleep-Related Infant Deaths. Pediatrics. 2022;150(1):e2022057991

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

<https://dph.illinois.gov/data-statistics/pregnancy-risk-assessment-monitoring-system.html>

THE BEST SOURCE OF DATA ON MOTHERS AND BABIES

