



Safe Sleep for Babies

What is SIDS?

SIDS stands for sudden infant death syndrome. The term describes the sudden, unexplained death of an infant younger than 1 year of age.

What should I know about SIDS?

Health care providers don't know exactly what causes SIDS, but they do know:

- **Babies sleep safer on their backs.** Babies who sleep on their stomachs are much more likely to die of SIDS than babies who sleep on their backs.
- **Sleep surface matters.** Babies who sleep on or under soft bedding are more likely to die of SIDS.
- **Every sleep time counts.** Babies who usually sleep on their backs but who are then placed on their stomachs, like for a nap, are at very high risk for SIDS. So it's important for everyone who cares for your baby to use the back sleep position for naps and at night.
- **Communities across the nation have made great progress in reducing SIDS!** Since the Back to Sleep campaign began in 1994, the SIDS rate in the United States has declined by more than 50 percent.

Fast Facts About SIDS

- SIDS is the leading cause of death in infants between 1 month and 1 year of age.
- African American babies are more than two times as likely to die of SIDS than white babies.
- 193 infants in Georgia died in 2010 due to sleep related circumstances.
- More than half of the infant sleep-related deaths in Georgia in 2010 occurred when the baby was in an adult bed, not a crib.

Source: NIH/GA CFR



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