What is a sleep-related infant death?
A sleep-related death is the death of a baby before their first birthday during night or naptime sleep.

What are the causes of sleep-related deaths?
- **Accidental Suffocation** (for example, from a blanket or bumper pad blocking a baby’s airway)
- **Overlay** (for example, if an adult or other child sleeps in bed with the baby and rolls onto the baby)
- **Unknown factors** (The ABCs of safe sleep were not followed but exact causes cannot be determined)

Why is safe sleep important?
About 15% of all infant deaths in Franklin County were sleep-related. It is estimated that 93% of the sleep-related infant deaths in 2012-2014 were preventable.

What can you do?  Practice ABCs of Safe Sleep

- **Never smoke around a baby!**
- **Each One, Teach One!** Spread the message about safe sleep to your family, friends, and neighbors!
- **Visit myfcph.org/safesleep** for more flyers, factsheets, and tips for parents, grandparents, childcare providers, businesses, and community members
- **Support and encourage mothers to breastfeed!**
- **Contact Franklin County Public Health for Safe Sleep trainings for your organization or even just a group of your friends and family!**
- **Email Nicole Vestal to request materials or trainings at nlvestal@franklincountyohio.gov**
Protect your baby at night and naptime by following the ABCs of Safe Sleep

A

Alone- Stay Close, Sleep Apart

The safest place for your baby to sleep is in your room but NOT your bed. Putting baby to sleep in a crib next to your bed allows you to monitor the baby at night and breastfeed as needed but helps keep baby safe from an adult rolling onto baby at night.

B

Back- Baby on its back for nights and naps.

Baby should sleep on their back in a firm mattress with a fitted sheet for EVERY sleep, including nighttime and naptime.

C

Crib - Clean & Clear Crib

A baby’s crib should only have a firm mattress with a fitted sheet. NO toys, blankets, pillows, positioning devices, or bumpers. Cribs, bassinets, and play yards with firm mattresses are the only safe places for babies to sleep.

Other Tips

- Schedule and go to all well baby visits.
- Breastfeed your baby. Breastfeeding has been shown to reduce the risk of Sudden Infant Death Syndrome (SIDS), which is an unexplained death (usually during sleep) of a baby under the age of one.
- Consider offering your baby a pacifier at naptime and bedtime, but only after breastfeeding is established. Do not replace if it falls out.
- Give your baby plenty of supervised tummy time when they are awake. Make sure there is a dependable adult to look after your baby during tummy time.
- Make sure your baby does not get too hot.
- Do not let anyone smoke in the home or around your baby.
- Do not drink or use drugs while caring for your baby. If you are impaired, have a designated, dependable, sober adult to help you practice the ABCs of Safe Sleep for your baby. This is true even when taking prescription drugs as prescribed.
- Do not use products that claim to reduce the risk of SIDS, like wedges and positioning devices. Many of these devices have not been scientifically tested.

myfcph.org/safesleep