

SAFER SLEEPING PRACTICES FOR BABIES

In Service Presentation

May 2015

Endorsed by SIDS and Kids NSW

Sudden Unexpected Death in Infancy (SUDI)

- + Major cause of death in the post neonatal period (developed countries)
- + In 2012
 - 115 SUDI deaths in Australia
 - 50 were in NSW
 - 37/50 were in the sleep environment

6 Modifiable Risk Factors

1. Sleep baby on back
2. Keep head and face uncovered
3. Keep baby smoke free before and after birth
4. Safe sleeping environment night and day
 - Safe cot
 - Safe mattress
 - Safe bedding
5. Sleep baby in safe cot in parents' room
6. Breastfeed baby.

How do the following pictures of babies positioned for sleep not comply with safer sleeping practices?







Is side sleeping, cot tilting, toys/hats SAFE?

Side sleeping

- + Misconception
- + Doubles the risk

Cot tilting

- + Misconception
- + Increases the risk of suffocation

Toys and hats

- + Are suffocation hazards



- + Definition
- + Conflicting views
- + General consensus that the following are risk factors for SUDI when co-sleeping:
 - somewhere other than a bed i.e. a couch or bean bag
 - in a bed if the woman/caregiver
 - smokes and or
 - takes drugs and or
 - alcohol

Is co-sleeping SAFE in some circumstances?

In the absence of these risk factors does co-sleeping increase the risk of SUDI?

A 2013 analysis of 5 major case controlled studies found that:

Even when parents did not smoke and or take drugs/alcohol an estimated 88% of SUDI could have been avoided if zero co-sleeping was practiced

R. Carpenter CM, Edwin Mitchell, David Tappen, Mechtild Vennemann, Melanie Smuk, James Carpenter. Bed sharing when parents do not smoke: is there a risk of SIDS? An individual level analysis of five major case-control studies. *BMJ Open*. 2013; 3

What affects adherence to safer sleep practices

Mothers

- + Socio-cultural
- + Parity
- + Age
- + Breastfeeding
- + Education level
- + Education and modelling received from health professionals



What affects adherence to safer sleep practices

Health professional

- + Beliefs
- + Length of practice
- + Education
- + Conflicting information, opinions and views



Have safer sleep practices made a difference?

60,000



Under NSW Policy Directive NSW PD2012_062
Maternity - Safer Sleeping Practices for Babies in
NSW Public Health Organisations, all well term
babies in NSW PHOs must:

- + be returned to their cot prior to the mother falling asleep
- + be placed on their back for sleep in the cot
- + have a flat cot (no cot tilt)
- + have bedding tucked firmly
- + have feet positioned at the foot of the cot
- + not have toys in the cot
- + not have a hat on while sleeping



Consistent modelling by staff of safer sleeping practices has been shown to increase the likelihood of parents to follow safer sleeping practices once they are at home



Thank you to the families and staff at Royal North Shore Hospital



NOTE: No babies were at risk at any time during the taking of the photos