

October is “Sudden Infant Death Syndrome (SIDS) Awareness” month

Did You Know That...

- SIDS is the leading cause of death in infants between 1 month and 1 year of age.
- Each year, about 4,000 infants die unexpectedly during sleep time, from SIDS, accidental suffocation, or unknown causes.
- SIDS is a sudden and silent medical disorder that can happen to an infant who seems healthy.
- SIDS is sometimes called "crib death" or "cot death" because it is associated with the timeframe when the baby is sleeping. Cribs themselves don't cause SIDS, but the baby's sleep environment can influence sleep-related causes of death.
- In the past, the number of SIDS deaths seemed to increase during the colder months of the year. But today, the numbers are more evenly spread throughout the calendar year.

SIDS is not a risk for babies 1 year of age or older.

There are ways parents and caregivers can reduce the risk of Sudden Infant Death Syndrome (SIDS) and other sleep-related causes of infant death. Learn how to create a safe sleep environment for your baby.



***Always place your baby on his or her back to sleep, for naps and at night, to reduce the risk of SIDS.**

***Use a firm sleep surface, such as a mattress in a safety-approved* crib, covered by a fitted sheet, to reduce the risk of SIDS and other sleep-related causes of infant death.**



***Give your baby a dry pacifier—not attached to a string—for naps and at night to reduce the risk of SIDS.**

***Do not let your baby get too hot during sleep.**

For more information visit the “Safe to Sleep Campaign” at <mailto:nichdSafetoSleep@mail.nih.gov>