

American Academy
of Pediatrics

Ohio Chapter



**Injury Prevention
Initiatives**

EASE MOC II: Module 4

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Trends in Infant Bedding Use: National Infant Sleep Position Study, 1993-2010

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History

- Infant mortality due to unintentional sleep-related suffocation has increased
 - 7.0 infants/100,000 live births in 2000
 - 15.9 infants/100,000 live births in 2010
- Due to items such as blankets, pillows, sheets, toys in the crib or sleep environment

The Study

- Annual, cross-sectional telephone survey
 - Aimed at caregivers of infants <8 months
 - Questions on infant sleep practices/bedding use and social and demographic factors



Demographic Trends

- Bedding use most common in:
 - Mothers <20 years of age
 - Hispanic and black families
 - Lower levels of education
- Bedding use least common in:
 - Mothers with a college education

Factors in Bedding Use

- 54.2% of infants slept with some kind of bedding
- Bedding most prevalent in:
 - Infants sleeping in an adult bed
 - Infants sleeping on their sides
 - Infants sharing a sleep surface

Types of Bedding Used

- Thick blankets (37.6%) and quilts (19.9%) most commonly used to cover infants
- Blankets (29.2%) and cushions (3.7%) most commonly used under infants



Bedding Trends

- Overall, a statistically significant decline in overall reported bedding use over the study period
 - Most apparent in 1993-2000 period, when all racial ethnic groups reported decline of ~22-23%/year
 - Less so in 2000-2010 period
 - No significant decline in black population during this time

Why So Much Bedding??

- Caregiver perceptions of comfort/warmth
- Prevent falls (ex. by using pillows as barricades)
- Media messaging



- Thank you for completing this module!
- Please remember to answer all of the test questions to earn credit for this month!

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ABCs OF SAFE SLEEP

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