

American Academy  
of Pediatrics

Ohio Chapter



**Injury Prevention  
Initiatives**

# EASE MOC II: Module 6

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# Sleep Environment Risks for Younger and Older Infants

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# Background

- An infant's sleep environment can affect the risk of SIDS and other sleep-related deaths
- Little known about the association of these risk factors during various times of infancy

# Study Design

- Cross-sectional study of sleep-related deaths in 24 states
  - 2004-2012
- Divided by age
  - Younger: Ages 0 through 3 months
  - Older: Ages 4 through 11 months (to 1 year)

# Data Summary

- 8,207 deaths analyzed
- Median age of death was 2 months
- Most infants were male
- Most deaths were in non-Hispanic whites
  - Larger percentage of non-Hispanic blacks in younger age group

# “Space-sharing”

- Majority of infants (~63%) were sharing a space (bed, couch, chair) with an adult at time of death
- Younger infant deaths were significantly more likely to be associated with bed-sharing



# Sleep Environment Objects

- An object was found in the sleep environment in 1/3 of deaths
- Deaths in the older infant group were more likely to be associated with objects in the sleep environment
- Most common:
  - Blankets: ~25% of deaths
  - Pillows: ~18% of deaths

# Sleep Position

- Most common position in which infants were found (at time of death) was prone
  - Especially true for the older infant group





# Sleep Location

- Approximately half of infants were found dead in an adult bed or on a person
  - More common in younger infants
- 25% of infants died in a crib, bassinet, or playpen
  - More common in older infants
  - Unknown whether these environments had objects (blankets, toys, etc.) in them

# Other Associations

- Deaths in black babies more likely to be associated with sleeping outside of a crib/bassinet or “space-sharing”
- Deaths in Hispanic babies more likely to be in an adult bed
- Deaths in girl infants more likely to be associated with sleeping in an adult bed

- 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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# Safe Sleep Initiatives

## ABCs OF SAFE SLEEP

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