

American Academy
of Pediatrics

Ohio Chapter



**Injury Prevention
Initiatives**

EASE MOC II: Module 7

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Swaddling and the Risk of Sudden Infant Death Syndrome

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Background

- The practice of swaddling is gaining in popularity in the United States and other countries
- The association between swaddling and sudden infant death syndrome (SIDS) is unclear

Reported Benefits

- More quiet sleep/fewer arousals
- Slight reduction in crying in younger infants
- Less risk of hypothermia
- Improved calming and sleep for babies with neonatal abstinence syndrome
- Improvements in neuromuscular development in low birth weight babies

Reported Risks

- Increased sleep time/fewer arousals
 - A “double-edged sword”
- May increase risk of or worsen:
 - Developmental dysplasia of the hip
 - Pneumonia
 - Hyperthermia
 - Upper respiratory tract infections

Study Design

- Literature search on association between swaddling and SIDS between 1950's-December 2014
- Four case-control studies selected for meta-analysis
 - Various countries of the world



Data Summary

- 760 SIDS cases compared with 1759 controls
- Swaddled infants tended to be younger (median age 57 days)
- Risk of SIDS from swaddling increased with age
 - Highest risk in infants >6 months age

Swaddling & Sleep Position

- Swaddled and placed in the prone position was most highly associated with SIDS
 - 13 times higher risk of SIDS than controls!!
 - Median age of these infants was >15 weeks

Practical Points

- From the Netherlands*:
 - Never initiate swaddling after the fourth month of life
 - Stop swaddling as soon as the child attempts to turn over
 - Definitely stop swaddling by the sixth month of age

*Source: La Haye WEA, Tiemens-van Putten IKF, & Vlimmeren van LA, et al. Multi-Disciplinary National Guideline. Prevention, Signalling, Diagnostics and Treatment of Excessive Crying Infants. Utrecht, NL: Nederlands Centrum Jeugdgezondheid; 2013.



- 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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