Ohio AAP is committed to reducing infant mortality with a safe sleep campaign that includes:

- Pediatrician counseling and resources.
- Hospital program to improve compliance with safe sleep practices in the hospital setting.
- Media campaign to educate parents and caregivers about safe sleep practices.

**Ohio AAP has reached 89 million people nationwide with safe sleep education.**

The US ranks last among industrialized nations in infant mortality.

**ABCs of Safe Sleep**

- **A** alone
- **B** back
- **C** crib

**Babies sleep safest Alone, on their Back, in a Crib.**

- Your baby sleeps safest in the room where you sleep, but not in your bed.
- AAP recommends infants share their parents’ rooms for at least the first six months and, optimally, for the first year of life.
- Sleep environments should be free from blankets, pillows, bumpers, stuffed animals and other soft objects.
- Breastfeeding is recommended to help reduce the risk of SIDS.

**Statistics**

- SIDS and unintentional suffocation is the **leading cause of death for infants between 1 month and 12 months** of age, most commonly occurring among infants who are **1-4 months** old.
- More than **nine infants die** each day in the US in unsafe sleep environments.

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**2007-2011 Ohio Child Fatality Review**

- **Sleep Environments**
  - Of **819** sleep-related deaths, only **51 (6%)** of reviews indicated the baby was placed **Alone, On the Back, In a Crib or Bassinet**

  - **58%** (473) were sharing a sleep surface with another person
  - **60%** (494) occurred in unsafe places: adult beds, sofas, chairs
  - **23%** (192) occurred in a crib or bassinette

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For more information about the Ohio AAP Safe Sleep campaign, visit www.ohioaap.org/safesleep.

Questions? Contact Hayley Southworth at HSouthworth@ohioaap.org