

## Fast Facts

### Sudden Infant Death Syndrome (SIDS)

- When a seemingly healthy child who is less than a year-old dies unexplainably
- Most often, it occurs during sleep between the second and fourth month of life
- Cause is unknown, but several factors are thought to make an infant more vulnerable
  - Factors are divided into two groups: physical and environmental
- Main physical factors is a brain defect where the portion of the brain that regulates breathing and awakening from sleep hasn't matured enough to work appropriately
- Other physical factors include low birth weight, being born prematurely, being part of a multiple birth (ex. twins or triplets) or having a recent respiratory infection
- Environmental factors are sleeping on their stomach or side, sleeping on a soft surface (fluffy blanket or soft mattress), sharing the bed with their parents, siblings or pets or becoming overheated
- Other factors that increase risk are being a boy, non-white, having a family history of SIDS and exposure to secondhand smoke
- Maternal risk factors during pregnancy that can increase the risk are a maternal age under 20, use of nicotine, drugs or alcohol while pregnant and inadequate prenatal care

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> <li>-Not waking from sleep</li> <li>-Not breathing</li> </ul>	<ul style="list-style-type: none"> <li>-Resuscitation (most of the time ineffective)</li> </ul>	<ul style="list-style-type: none"> <li>-Always place your baby on their back when they're sleeping</li> <li>-Keep their sleeping area safe by using a firm mattress without fluffy padding, pillows or stuffed animals</li> <li>-Keep your baby warm, but not overheated by using a sleeping sack or clothing that doesn't require them to need additional covers and don't cover their head</li> <li>-Don't let your baby sleep in your bed, but let them sleep in your room for at least 6 months (preferably the first year)</li> <li>-Breastfeed, if possible</li> <li>-Use a pacifier any time your baby is sleeping (just wait until your child is 3 – 4 weeks old if you're breastfeeding)</li> <li>-Don't force a pacifier on your child if they're not interested</li> <li>-Don't put a pacifier back in their mouth if it falls out while they're sleeping</li> <li>-Don't rely on monitors and devices that claim to reduce the risk of SIDS</li> <li>-Keep your baby on the recommended vaccination schedule</li> </ul>

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