

AAP SIDS and Risk Reduction Recommendations

The American Academy of Pediatrics (AAP) released the policy statement, “SIDS and Other Sleep-Related Infant Deaths: Expansion of Recommendations for a Safe Infant Sleeping Environment,” and an accompanying technical report on October 18, 2011.

These recommendations update the previous 2005 AAP recommendations related to SIDS risk reduction. In addition, the AAP is providing recommendations on a safe sleep environment that can reduce the risk of all sleep-related infant deaths, including SIDS.

Most of the 2005 AAP recommendations remain in these new recommendations, though many are clarified in the 2011 recommendations; in particular, the recommendation regarding room-sharing without bed-sharing. There was one change to the 2005 AAP recommendation (see first bullet below). The remaining bullets are new recommendations:

- Bumper pads are not recommended to be used in cribs.
- Breastfeeding has a protective effect and is associated with a reduced risk of SIDS.
- Pregnant women should receive regular prenatal care; this has been substantially shown to reduce the risk of SIDS.
- Avoid alcohol and illicit drug use during pregnancy and after birth.
- Infants should be immunized in accordance with recommendations of the AAP and the Centers for Disease Control and Prevention. Infants should also be seen for regular well-child checks in accordance with AAP recommendations.
- Health care professionals, staff in newborn nurseries and neonatal intensive care nurseries, and child care providers should endorse the SIDS risk reduction recommendations from birth.
- Media and manufacturers should follow safe-sleep guidelines in their messaging and advertising.
- Expand the national campaign to reduce the risk of SIDS to include a major focus on the safe sleep environment and ways to reduce the risks of all sleep-related infant deaths.
- Continue research and surveillance on the risk factors, causes and pathophysiological mechanisms of SIDS and other sleep-related infant deaths.

The policy statement is available here:

<http://pediatrics.aappublications.org/cgi/doi/10.1542/peds.2011-2284>

The technical report is available here:

<http://pediatrics.aappublications.org/cgi/doi/10.1542/peds.2011-2285>