The Back To Sleep Campaign started in 1994. Early materials recommended side or supine sleep position. In 2000 the recommendation became just for supine sleep positioning.
Numbers of Sudden Infant Death Syndrome (SIDS) Deaths in California

<table>
<thead>
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<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>SIDS</td>
<td>717</td>
<td>725</td>
<td>568</td>
<td>545</td>
<td>486</td>
<td>397</td>
<td>311</td>
<td>329</td>
<td>259</td>
<td>237</td>
<td>222</td>
</tr>
</tbody>
</table>

American Academy of Pediatrics
Sleep Position
CA Autopsy & Death Scene Protocols
Back to Sleep & Anti-Smoking Campaigns

California SIDS
97% of 103 nurses surveyed were aware of the AAP supine sleep recommendation, only 67% agreed with it.
The physician must assess each child's case to decide if there is a medical contraindication to supine sleeping.

GERD is frequently an accepted indication (for alternate positioning).

Meconium aspiration may be an acute indication. However, MAS is resolved in the first days of life and would not be an indication for home prone sleeping.

D. Lisa Bollman, RNC
Executive Director
Community Perinatal Network
C-section babies may have retained fetal lung fluid and thus spitting or coughing to relieve this. This is not an indication for side positioning.

Side positions inhibit full expansion of the lungs and decrease expulsion of the fetal lung fluid into the lymphatic system.

D. Lisa Bollman, RNC
Executive Director
Community Perinatal Network
Infant Sleeping Position
Preferred by Nurses in
Hospital Newborn Nurseries

Penny F. Stastny, R.N., B.S.N.
Sharon D.T. Thayer, M.P.H.
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Chronic Disease and Injury Prevention Program, Orange County
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Division of Pediatric Pulmonology, Children's Hospital Los Angeles,
Los Angeles, California, U.S.A.

3/7/02
California and U.S. SIDS Rates

SIDS Rate per 1,000 live births

- California
- USA
U.S. Prone Sleeping and SIDS Rate

Prone Sleeping (%)

SIDS Rate per 1,000 Live Births
Predictors of Prone Sleeping in Infants

- Poverty
- Less Than HS Education
- Start Prenatal Care Late
- Previous Child
- Infant Age <8 wks
- Maternal Age 20-29
- African American Ethnicity

Infant Sleeping Position Preferred by Nurses in Hospital Newborn Nurseries

**Methods**

- Eight hospitals in Orange County agreed to participate (32%).
- Investigators visited hospitals at random times.
- 96 newborn nursery staff were interviewed with an anonymous questionnaire.
- 251 newborn infants were observed in hospital nurseries, and 579 parents were interviewed with an anonymous questionnaire.
What position do nursery staff believe has the lowest SIDS risk?
Safest Sleeping Position for SIDS Risk Reduction Cited by Nursery Staff

<table>
<thead>
<tr>
<th>Position</th>
<th>Nursery Staff</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prone</td>
<td>1%</td>
</tr>
<tr>
<td>Side</td>
<td>8%</td>
</tr>
<tr>
<td>Supine</td>
<td>72%</td>
</tr>
<tr>
<td>Side or Supine</td>
<td>18%</td>
</tr>
</tbody>
</table>

n = 96
What position do newborn nursery staff place babies to sleep in the hospital?
Reported Sleeping Position Infants Placed in by Newborn Nursery Staff

<table>
<thead>
<tr>
<th>Sleeping Position</th>
<th>Nursery Staff Placement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prone</td>
<td>1%</td>
</tr>
<tr>
<td>Side</td>
<td>68%</td>
</tr>
<tr>
<td>Supine</td>
<td>31%</td>
</tr>
</tbody>
</table>

n = 96
Observed Sleeping Position for Infants in Newborn Nurseries

<table>
<thead>
<tr>
<th>Sleeping Position</th>
<th>% of Infants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prone</td>
<td>0%</td>
</tr>
<tr>
<td>Side</td>
<td>48%</td>
</tr>
<tr>
<td>Supine</td>
<td>52%</td>
</tr>
</tbody>
</table>

n = 251
Infant Sleeping Position in Hospital Newborn Nurseries

Question

• Why do newborn nursery staff choose specific infant sleeping positions?
Reasons Nursery Staff Gave for Placing Infants in the *Side* Sleeping Position

- **Fear of Aspiration**: 91%
- **Personal Knowledge**: 41%
- **Verbal Policy**: 5%
- **Written Policy**: 6%
- **Physician Instruction**: 3%
- **Head Nurse Instruction**: 3%

*n = 96*
“...Data show no evidence of an increased risk of death from aspiration as a result of the ‘Back to Sleep’ program.”


Michael H. Malloy, MD, MS

PEDIATRICS Vol. 109 No. 4 April 2002, pp. 661-665
What sleep position do newborn nursery staff tell parents to place their infants in at home?
% of Nursery Staff

Infant Sleeping Position
Parent Education Given by Nursery Staff

Prone | Side | Supine | Side or Supine
---|---|---|---
2% | 21% | 43% | 34%
n = 96
Infant Sleeping Position in Hospital Newborn Nurseries

Question

What position will new mothers place their babies in to sleep?
Sleeping Position Mothers Say They Will Place their Infants in at Home

<table>
<thead>
<tr>
<th>Position</th>
<th>% of Mothers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prone</td>
<td>1%</td>
</tr>
<tr>
<td>Side</td>
<td>50%</td>
</tr>
<tr>
<td>Supine</td>
<td>36%</td>
</tr>
<tr>
<td>Side or Supine</td>
<td>12%</td>
</tr>
</tbody>
</table>

n = 579
Conclusion

What parents see being done effects their behavior more than what they are told to do.
Infant Sleeping Position Preferred by Nurses in Hospital Newborn Nurseries

Discussion and Conclusions

- Nursery staff know supine sleeping position has the lowest SIDS risk.
- Nursery staff place the majority of newborn infants to sleep on their sides.
- Almost all nursery staff who place infants to sleep on their sides cite *fear of aspiration* as a motivation.
- *There is no greater risk for aspiration when sleeping supine than for side or prone positioning.*
Infant Sleeping Position Preferred by Nurses in Hospital Newborn Nurseries

Discussion and Conclusions

• Over half of nursery staff tell parents to place their infants to sleep either on the side, or on their side or back.

• Newborn infants in hospitals were observed to sleep almost equally on their backs and sides.

• Half of parents say they will place their own infants to sleep on the side at home.
<table>
<thead>
<tr>
<th>Year</th>
<th>SIDS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1990</td>
<td>252</td>
</tr>
<tr>
<td>1991</td>
<td>208</td>
</tr>
<tr>
<td>1992</td>
<td>177</td>
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<tr>
<td>1993</td>
<td>178</td>
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<tr>
<td>1994</td>
<td>120</td>
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<td>1995</td>
<td>107</td>
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<td>1996</td>
<td>82</td>
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<tr>
<td>1997</td>
<td>87</td>
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<td>1998</td>
<td>69</td>
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<td>1999</td>
<td>46</td>
</tr>
<tr>
<td>2000</td>
<td>34</td>
</tr>
<tr>
<td>2001</td>
<td>22</td>
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</tbody>
</table>

**Los Angeles County SIDS**

- American Academy of Pediatrics
- CA Autopsy & Death Scene Protocols
- Back to Sleep & Anti-Smoking Campaigns
Rate=SIDS Deaths/1000 Live Births

Los Angeles County SIDS Rates by Race and Year
What can be done to further reduce SIDS rates?

Increase family/care giver compliance with supine sleeping position SIDS risk reduction.

How?
Promote early entry into prenatal care.

Include SIDS Safety education in prenatal and pediatric care.

Address African American cultural beliefs regarding infant sleep positioning with respect for the family matriarch.

Maintain an up-to-date understanding of SIDS Safety methods at delivery facilities, by midwives, and at licensed child care facilities.
Babies Sleep Safest on Their backs
Reduce the Risk of Sudden Infant Death Syndrome (SIDS)