Infant sleep position and environment are two factors that we can improve to decrease the risk of Sudden Infant Death Syndrome (SIDS), defined as the unexplained death of an infant under 1 year of age.

SIDS is the 4th leading cause of infant death in the United States, resulting in about 1,400 infant deaths in 2017.1

Infant deaths due to accidental suffocation and strangulation in bed are increasing. The Centers for Disease and Control and Prevention (CDC) report that for every 100,000 infants born in the United States, 24.6 infants died because of accidental suffocation and strangulation in bed (2017).1

Healthy People 2020, the national 10-year goals to improve the quality of health for all Americans, set a 2020 target that 75.8% of infants will be put to sleep on their backs.2

American Academy of Pediatrics Recommendations

The American Academy of Pediatrics (AAP) recommends that infants be placed to sleep on their back, on a firm sleep space, in the same room as the parents but not in the same bed.3 Cribs, bassinets, and portable cribs/play yards that meet Consumer Product Safety Commission standards are recommended.4

The AAP does not recommend bed-sharing on a soft surface, like a waterbed, old mattress, sofa, couch, or armchair.4 No pillows, blankets, toys, or crib bumpers should be in the bed.3

Wyoming Data

The Wyoming Pregnancy Risk Assessment Monitoring (PRAMS) survey asks new mothers about sleep position and infant sleep environment.

Wyoming exceeds the National Healthy People 2020 goal with 85.5% of infants put to sleep on their backs (Figure 1).3

The majority (89%) of Wyoming mothers report that their baby does not sleep on a couch, sofa, or armchair, and 90% say that their baby does not sleep with toys, cushions, or pillows (Figure 2).

Fast Facts from WY PRAMS (2016-2018)

- 77% of Wyoming mothers tell PRAMS that their infant always or almost always sleeps alone in his or her own crib or bed.

- 89% of Wyoming mothers say that their baby never sleeps on a couch, sofa, or armchair.

- 37% of Wyoming mothers report that their infant sleeps with a sleeping sack or wearable blanket.
What is PRAMS?

The Wyoming Pregnancy Risk Assessment Monitoring System (PRAMS) is a surveillance project of the Wyoming Department of Health and the Centers for Disease Control and Prevention (CDC). Wyoming PRAMS collects Wyoming-specific, population-based data on maternal attitudes and experiences before, during and shortly after pregnancy.

The goal of the PRAMS project is to improve the health of mothers and infants by reducing adverse outcomes such as low birth weight, infant mortality and morbidity, and maternal morbidity.

To learn more about Wyoming PRAMS, call the Coordinator at 307-777-6304 or visit our website: https://health.wyo.gov/publichealth/chronic-disease-and-maternal-child-health-epidemiology-unit/mch-epi/