

PROGENY

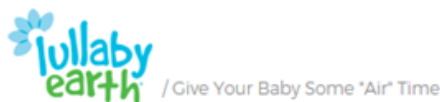
Products Marketed for Safe Sleep: Caution Advised

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Sudden Infant Death Syndrome (SIDS) is a cause of death assigned in cases of sleep-related infant death where death cannot be explained after a thorough investigation. SIDS is the leading cause of death in infants 1 month to 1 year of age in the US. The American Academy of Pediatrics (AAP) Task Force on SIDS continually monitors the evidence and on-going research; every 5 years they publish updated national guidelines to reduce the modifiable risks of SIDS and other sleep-related infant deaths, <http://pediatrics.aappublications.org/content/138/5/e20162938>. At University of Iowa Stead Family Children's Hospital, an interdisciplinary SIDS Task Force has been active since 2013. This work group maintains a position that following the AAP guidelines and following the ABC's of safe sleep are best practice for creating the safest sleep environment for infants in the hospital and at home.

The purpose of this update is to address concerns from the UISFCH SIDS Task Force regarding the growing number of products currently marketed for 'safer sleep' or to reduce the risk of SIDS. Products that are marketed for sleep *without* AAP endorsement are not evidence-based and should be avoided if they are inconsistent with AAP recommendations. As healthcare providers, we must educate our families that the use of products claiming to increase sleep safety **does not** diminish the importance of following the AAP safe sleep guidelines. Examples of some concerning products include, but are not limited to the following:

Special Crib Mattresses – Manufacturers claim that these special mattresses aid in the dispersion of carbon dioxide in situations where the infant rolls into a prone position during sleep. Per the AAP, there is no data to support the claim of carbon dioxide dispersion. However, there is **no harm** in using these mattresses if they meet the standard safety requirements for crib mattresses outlined by the Consumer Product Safety Commission (CPSC).



Wedges/Positioners – The AAP strongly recommends placing infants on their back to sleep, on a firm surface, every time. Side sleeping, as well as prone positioning, is **not advised** during sleep. Recent studies have shown side sleeping to be almost as dangerous as prone sleeping. Wedges and sleep positioners are **not recommended** by the AAP.



In-bed Co-sleepers – There is evidence that room-sharing *without bed sharing* decreases the risk of SIDS by as much as 50%. Bed sharing or co-sleeping is a leading risk factor for SIDS and sleep-related infant death in Iowa. Infants die from suffocation, overlying and entrapment. According to the AAP, there is **no evidence** that in-bed co-sleepers reduce the risk of SIDS or suffocation or make the sleep environment safer for infants sleeping in the parents’ bed.



Bumper Pads – Bumper pads and mesh bumpers have been implicated as a factor contributing to infant deaths from suffocation, entrapment and strangulation. With new standards for the spacing of crib slats (CPSC, 2011) these products are **not necessary** to prevent head entrapment and are **not recommended** for infants.



Monitors – The use of cardiorespiratory monitors has not been documented to decrease the incidence of SIDS. There is **no data** that other commercial devices that are designed to monitor infant vital signs reduce the risk of SIDS. While these products may not be directly harmful, their use **should not** decrease the importance of adherence to safe sleep guidelines.



Baby Boxes – Commercial baby boxes are **not regulated** by the CPSC and have not been tested to meet mandatory crib safety standards. According to the Chair of the AAP Task Force on SIDS, there is no evidence to support the use of these boxes and there are many **unresolved safety questions** regarding the Baby Box. At UISFCH, families that cannot provide a safe crib for their infant after discharge may be eligible to receive a free Graco Pack ‘n Play.



The SIDS Task Force includes representatives from every newborn and pediatric unit in UISFCH. The task force is continually monitoring new products and information regarding safe sleep; they routinely update our hospital policy, “Safe Infant Sleep Environment, SUID and SIDS” (N-CWS-PEDS-02.180). References and additional information regarding products and the hospital policy are available upon request.

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