



SIDS (Sudden Infant Death Syndrome)

In 2020, 80 infants died of sudden infant death syndrome while sleeping in Germany. In 1990, the figure was 1000 children. The continuously updated recommendations have therefore led to a reduction in sudden infant death syndrome.

Risik factors (Triple-Risk-Modell)

- Child at risk, e.g. due to a genetic defect
- Critical development phase e.g. maturation processes in the heart and lungs between the second and fourth month of life
- Exogenous stress factors

AAP Recommendations for preventing sudden infant death syndrome

- Babies under one year of age should only sleep on their backs on a firm, flat and non-tilted surface that is free from soft objects such as blankets and toys. (especially <4 months)
- Sleep in their own bed in the parents' bedroom for the first six months
- Avoid overheating
- When the baby starts to roll over, swaddling should be stopped
- Soothers at bedtime also reduce the risk of SIDS
- Babies should be exclusively breastfed until they are six months old
- Avoid nicotine, alcohol, opioids, marijuana and illegal drugs during pregnancy and after birth
- Take advantage of the recommended vaccinations and check-ups

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Sources:

[1] American Academy of Pediatrics, press release, June 21, 2022, last accessed on July 1, 2022.

[2] Moon et al.: Sleep-Related Infant Deaths: Updated 2022 Recommendations for Reducing Infant Deaths in the Sleep Environment Pediatrics, DOI: 10.1542/peds.2022-057990.