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| **Updated Recommendations from the American Academy of Pediatrics for a Safe Infant Sleeping Environment** |
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| **Introduction** Approximately 3,500 infants die each year in the US from sleep-related deaths, including sudden infant death syndrome (SIDS), ill-defined deaths, and accidental suffocation and strangulation in bed. After an initial decrease in the 1990s following the national Back to Sleep Campaign, the overall death rate due to these deaths has not declined in more recent years. Many of the modifiable and non-modifiable risk factors for SIDS and other sleep-related infant deaths are very similar. The American Academy of Pediatrics (AAP) recommends a safe sleep environment to help reduce the risk of infants dying while sleeping.  The last policy statement addressing these recommendations was published in 2011. Updated guidelines are expected to be published in 2016.   **Objective**To describe the new AAP recommendations for a safe sleep environment to reduce the risk of sudden, sleep-related infant deaths, as well as the rationale and evidence for these recommendations.  **Material and Methods** Recommendations were based on a thorough review of the literature, concentrating on papers published since 2011. In addition, each of the major recommendations was assigned a “strength of recommendation” based on SORT (Strength of Recommendation Taxonomy), an accepted system for such determinations.  An independent statistician was consulted to review recent publications specifically related to bed sharing in lower risk, breastfeeding infants. The AAP Task Force on SIDS drafted the recommendations, which were then reviewed by all relevant committees, councils, and sections of the AAP. Numerous comments were received and reviewed by the Task Force, modifications to the policy were made and the final draft was approved by the AAP Executive Committee.  **Results** Most of the recommendations published in the 2011 Policy Statement were reaffirmed, with some modifications and additions made. This presentation will focus on the recommendations related to sleep position, sleep surface, sleep location, bedding and bumper pads.  **Conclusions** Campaigns throughout the world have seen great successes in reducing the rates of sudden, sleep-related infant deaths, but these declines have been less dramatic in recent years in the US and elsewhere. Most of these deaths are preventable. This presentation will outline recommendations that can help reach our common goal of eliminating sleep-related infant deaths to the greatest extent possible. |
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