



Little Sleepers

HOW TO PREVENT SIDS

(Sudden Infant Death Syndrome)

- **AVOID overdressing**
 - Dressing your baby too much can make them sweat and cause a disruption in their body temperature regulation, leading to dehydration as they lose fluids.
- **AVOID smoking during and after pregnancy**
 - Cigarette smoking during pregnancy causes intrauterine growth restriction and malformations. Extrauterine (after birth), is linked to SIDS due to the free radicals released in a person's exhalation.
- **Firm mattress, NO sleeping with toys, blankets, or pillows**
 - A firm mattress helps babies with their limited strength to move. If the mattress is too soft, they don't have enough strength to move and clear their airways. In this way, their strength isn't sufficient during deep sleep to remove stuffed animals, blankets, or pillows from their face. If there is any type of obstruction, it causes CO2 buildup in their body, leading to more shallow breathing, which can ultimately result in a catastrophe.



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- NO co-sleeping

- This is a controversial topic, and many parents practice it. I practiced it myself due to the exhaustion I felt. However, as a mother, doctor, and sleep coach, I know that it's not the best option and should be avoided during the first year of life. There are many "safe" ways to do co-sleeping, but there is NOTHING safer than having your baby sleep in their crib. I can recommend a co-sleeping arrangement where YOU place your body in their NEXT-To-me, so your baby can feel that closeness. This is how I practiced it throughout the first year. We need to be realistic: our children need us close, and we ALL need sleep!

- Baby should sleep on their backs

- Babies should sleep on their backs. The American Academy of Pediatrics has conducted several studies confirming that the safest sleeping position for a baby, based on their physiology, is on their back. This holds even if the baby has reflux, colic, or any other condition.

- Use of pacifier (↓ the risk for SIDS)

- Similarly, the American Academy of Pediatrics (AAP) recommends the use of a pacifier, as studies have shown it reduces the risk of SIDS. Removing it after the first year can be tricky, but I'm here to help YOU!

- Normal room temperature (20-22C°)

- Your baby needs to be able to move to get into comfortable positions and free their face from external objects like the mattress. That's why you should avoid swaddling your baby once they start rolling over. I have several reels on this topic; you can find them in my feed or in the highlights..



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- STOP swaddling once the baby shows signs of rolling over
 - Your baby needs to be able to move to get into comfortable positions and free their face from external objects like the mattress. That's why you should avoid swaddling your baby once they start rolling over. I have several reels on this topic; you can find them in my feed or in the highlights.

RISK FACTORS

- Age: birth – 6 months (where more cases have been seen)
- Preterm
- Sleep position
- Nicotine exposure
- Socioeconomic status
- Lack of prenatal care
- Genetics
- Bedding (can be smothered)