



# SLEEP

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## OBJECTIVES

Upon completion of today's presentation, participants will be able to

- Understand the impact of SIDS in the US
- Understand the pathophysiology of SIDS
- Identify risk factors for SIDS
- Identify and understand the preventive practices and measures that are commonly used to prevent SIDS

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## SUDDEN INFANT DEATH SYNDROME

- SIDS is defined as the sudden death of an infant younger than one year of age, which remains unexplained after a thorough case investigation, including performance of a complete autopsy, examination of the death scene, and review of the clinical history



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## SUDDEN INFANT DEATH SYNDROME

- Vulnerable infant
  - Brain abnormality
  - Genetic Factors
- Developmental timing
  - Most SIDS death occur during 2-4 months of age
- Environmental triggers
  - Prone position
  - Cardiac dysfunction
  - Infection

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## SUDDEN INFANT DEATH SYNDROME



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### SUDDEN INFANT DEATH SYNDROME

- While the exact etiology of SIDS remains elusive, researchers have identified multiple risk factors for SIDS.
- Risk factor modification has proven to result in fewer SIDS deaths




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### SUDDEN INFANT DEATH SYNDROME

- General
- Maternal
- Neonatal
- Environmental

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SUDDEN INFANT DEATH SYNDROME: MATERNAL RISK FACTORS

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### SUDDEN INFANT DEATH SYNDROME

- Smoking
- Illicit drug use
- Young maternal age
- Poor prenatal care
- Short interpregnancy interval



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### SUDDEN INFANT DEATH SYNDROME

- Sleep position
- Exposure to secondhand smoke
- Over heating
- Sleep environment



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SUDDEN INFANT DEATH SYNDROME  
PREVENTION



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SUDDEN INFANT DEATH SYNDROME  
PREVENTION

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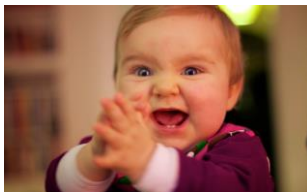
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SUDDEN INFANT DEATH SYNDROME  
PREVENTION

- Breast feeding
- Pacifier use
- Room sharing
- Fans
- Immunizations



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QUESTIONS?



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REFERENCES

Corwin, M (2022). Sudden infant death syndrome: Risk factors and risk reduction strategies. G. Mallory, L. Wilkie, & S. Misra (Eds), Uptodate. Available from [https://www.uptodate.com/contents/sudden-infant-death-syndrome-risk-factors-and-risk-reduction-strategies?search=sids&source=search\\_result&selectedTitle=1~81&usage-type=default&display\\_rank=1.#H29](https://www.uptodate.com/contents/sudden-infant-death-syndrome-risk-factors-and-risk-reduction-strategies?search=sids&source=search_result&selectedTitle=1~81&usage-type=default&display_rank=1.#H29)

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