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#### Talking Points:

- Unsafe sleep is the #1 cause of death reported to the Office of Child and Family Services.
- In Nebraska, 15-20 babies die every year due to unsafe sleep-related incidents.
- Bed sharing and cluttered cribs (blankets, bumpers, stuffed animals, etc.) account for the largest percentage of deaths.
- Babies exposed to substance use during pregnancy are at higher risk



## SLEEP ENVIRONMENT HAZARDS

Below is an example of an unsafe sleeping environment.

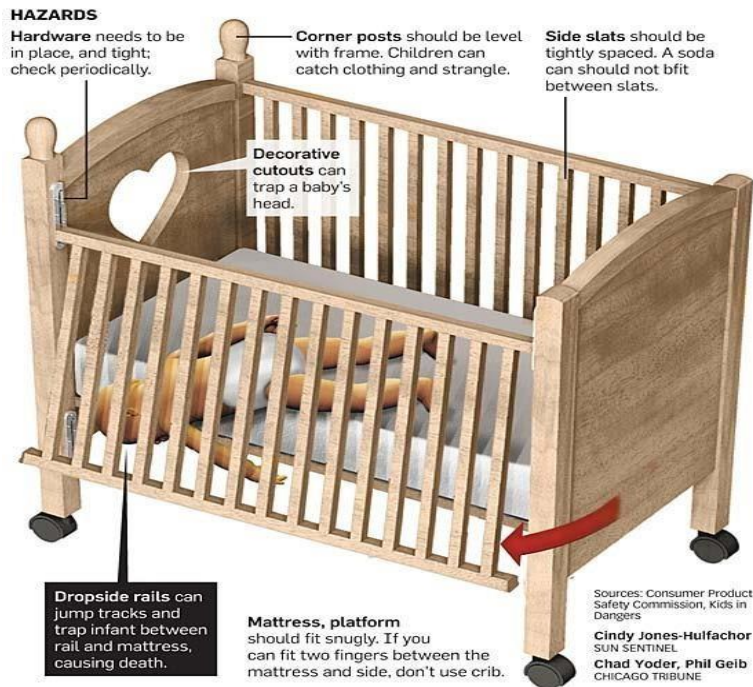


Image provided by Consumer Product Safety Commission, Kids in Danger.

### Back sleeping does not increase the risk of choking.

In fact, babies may clear fluids better when on their backs, possibly because of anatomy.

#### Sleeping on back:

- The trachea lies on top of the esophagus.
- Spit-up /fluid must work against gravity to be aspirated into the trachea.
- If babies do spit up, it will stay in the esophagus, not go into trachea
- Nothing around nose, mouth and ears to block air flow or hearing.

#### Sleeping on stomach

- Spit-up / fluids pool at the opening of the trachea, making it easier for the baby to aspirate or choke.
- Nose and mouth may be blocked, decreasing air flow
- Infant ear next to mattress, decreasing the auditory stimulation

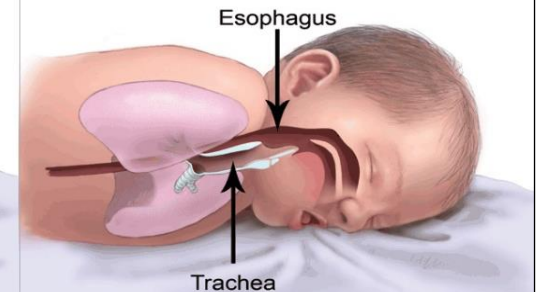
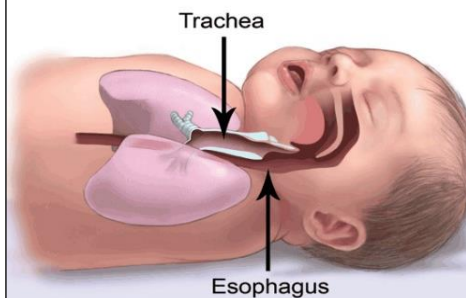


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