

SAFE SLEEP GUIDELINES

Sudden Infant Death Syndrome is a leading cause of death of infants in Ireland.

Following the introduction of the Safe Sleep Guidelines in 1992 the incidences of these deaths have dropped by 63%.

The Safe Sleep Guidelines focus on safe sleeping practices within the home environment.

While your infant is acutely unwell, it may not be possible to follow all aspects of these guidelines.

This may be due to a variety of reasons, which will be advised to you by nursing or medical staff.

While in hospital it is important for you to follow the Safe Sleep Guidelines as closely as possible.

SAFE SLEEP ENVIRONMENT IN HOSPITAL

- Cot flat
- No pillows for any infant under two years
- Infant's head and face should remain uncovered during sleep
- Firm surface, only a single sheet should be under your infant
- Infant with feet at the end of the cot
- No toys or other materials in cot
- Avoid overheating
- If possible, use a cellular blanket



RAISED HEAD

- If your acutely unwell infant requires their head to be in raised position, please liaise with staff to 'tilt' the cot, pillows should never be used.

NESTS

- If a 'nest' has been recommended for your infant, they must be monitored at all times.
- When appropriate, nests will be removed under the guidance of nursing or physiotherapy staff. All nests should be removed prior to discharge home.

SWADDLE

- A swaddle wrap must be no higher than your infants' shoulders.

PLAY TIME

- When awake, it is important for your baby to experience other positions, such as side-lying and tummy time.
- When your infant is in these positions, it is important that they are supervised or monitored.

- Please liaise with nursing staff or your physiotherapist if you have any questions regarding this.

GOING HOME

When your infant's medical status begins to improve, all attempts to follow the Safe Sleep Guidelines should be made with the guidance of the nursing and medical staff.

The ultimate goal is for your infant to be following Safe Sleep guidelines prior to discharge.

Please contact your nurse or physiotherapist if you have any questions regarding safe sleep either in hospital or at home.

