

Bedsharing, Co-Sleeping, SIDS, Smothering

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Research studies are inconsistent

- ❑ SIDS vs. smothering not defined
- ❑ "Bed" = safe vs. unsafe surfaces
- ❑ "partner" = mother vs. others
- ❑ Alcohol use not reported
- ❑ Feeding method not reported
- ❑ Smoking (prenatal or after) not reported
- ❑ Quality inconsistent; no control groups

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SIDS and Smothering are different

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| <ul style="list-style-type: none">❑ SIDS risks<ul style="list-style-type: none">■ Prenatal smoking (5-fold)■ Bedsharing with a smoker■ Formula feeding (2-fold)■ Respiratory infections■ Baby unattended■ Overheated■ Prone position | <ul style="list-style-type: none">❑ Smothering risks<ul style="list-style-type: none">■ Couches, sofas, soft mattresses■ Reclining chairs■ Alcohol or drug use■ Formula-feeding parents■ Obese bed partner■ Unaware of baby in bed■ Pets■ Siblings■ Non-parent■ Overcrowded |
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Breastfeeding mothers are different

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| <ul style="list-style-type: none">❑ <i>Breastfeeding</i>❑ Protective posture – baby in "cuddle curl"❑ Mother face-to-face❑ Baby supine or on side during BF (not prone)❑ Mutual arousals❑ Frequent touching❑ Quick response❑ Less time in deepest sleep states❑ Mother gets more sleep | <ul style="list-style-type: none">❑ <i>Formula feeding</i>❑ Baby's head near adult head, may be on pillow❑ May roll away & back❑ Baby may be placed prone❑ Asynchronous sleep❑ Less touching❑ Delayed response❑ Suppressed arousal; more time in deep sleep❑ Mother gets less sleep |
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Sucking, breathing, pacifiers, cribs

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| <ul style="list-style-type: none">❑ Bedsharing❑ Baby sucks on mother's breasts, mother's fingers, own fingers, or pacifier❑ Better arousal with breasts, mom's fingers, or own digits especially during hours of peak risk for SIDS❑ Pacifiers interfere with breastfeeding at all stages of lactation❑ Cribs make BF harder | <ul style="list-style-type: none">❑ Separate surfaces❑ Baby sucks on own fingers or pacifier❑ Pacifier use suppresses own-digit sucking❑ If pacifier is begun, its absence increases risk❑ Pacifiers fall out in 5-30 minutes❑ Attention and replacing pacifier may be the protective factor❑ 20% of SIDS in day care |
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References

- ❑ No published risk if all 4 factors are present: sober, non-smoking, exclusively breastfeeding mother on a safe surface
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