

**Putting infants to  
sleep on their backs**

**vs.**

**Putting infants to sleep on  
their sides, or stomach, and  
which position might increase  
the chance of SIDS in newborns**

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# Research Question



- ▶ Does putting infants to sleep on their backs versus putting infants to sleep on their sides, or stomach, increase the chance of SIDS in newborns?

# Introduction

- ▶ Currently work in a daycare with an infant setting.
- ▶ Recently finished OB clinical and was interested when nurses were teaching new mothers about safety and proper sleep positioning.

# Integrated Literature Review

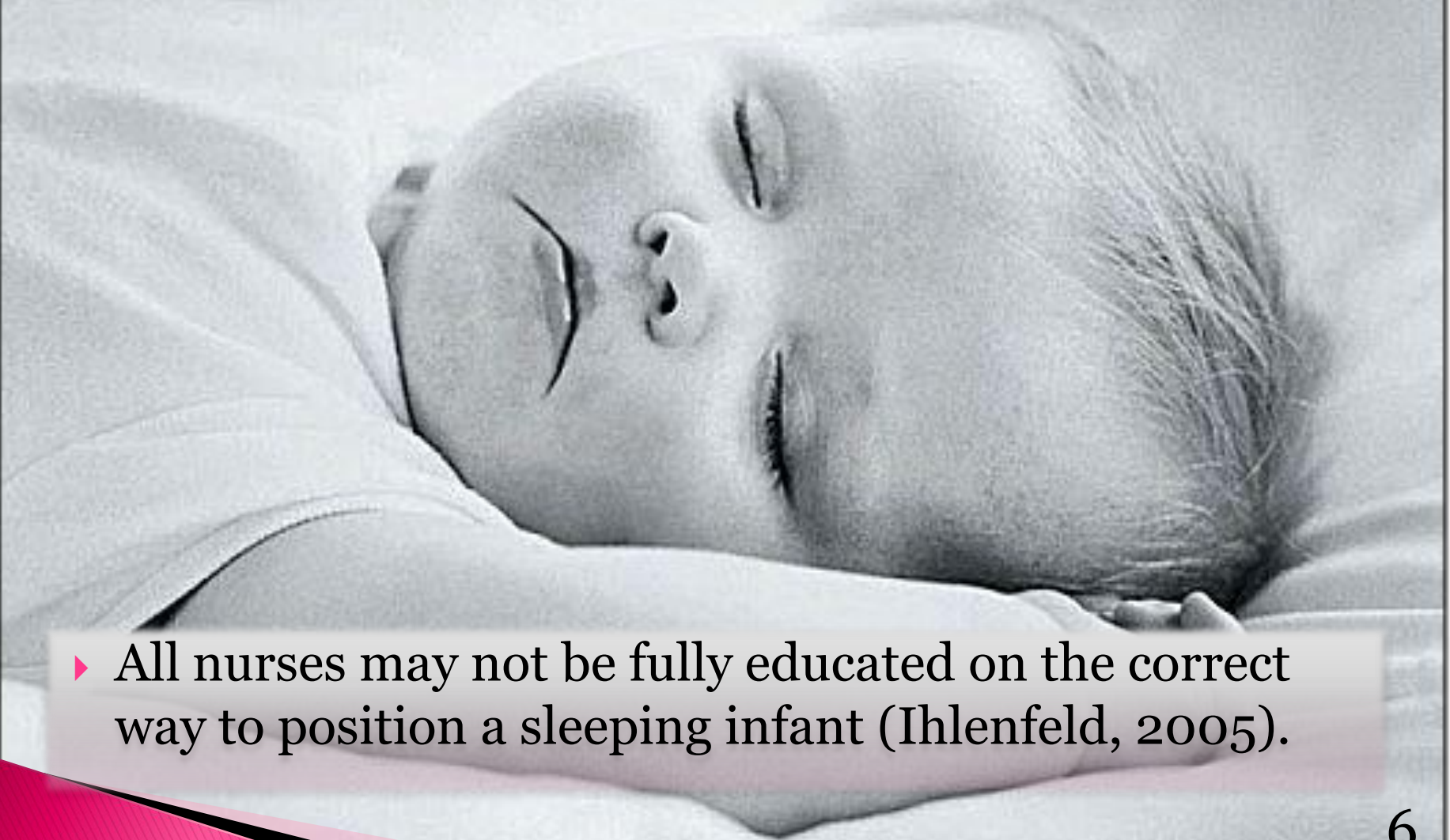
- ▶ Back to Sleep campaign educated parents and decreased the rates of SIDS (Mennick, 2006).
- ▶ Putting infants to sleep on their sides used to be acceptable, but has changed, and now it is only recommended to place infants to sleep on their backs (Hauck, 2006).



# Integrated Literature Review

- ▶ Placing an infant in the prone position decreases the amount of heat being lost, thus overheating the infant (Efe, Sarvan, & Kukulu, 2007).
- ▶ Face down position of prone sleeping compromises the infants breathing (Palcruin, 2007).

# Integrated Literature Review



- ▶ All nurses may not be fully educated on the correct way to position a sleeping infant (Ihlenfeld, 2005).

# Integrated Literature Review

- ▶ Asphyxia, rebreathing of exhaled gases, impaired heat loss, impaired cardiorespiratory regulation, and compromised arousal are factors that could trigger in the infant due to prone sleeping position (Kinney, & Thach, 2007).

# Integrated Literature Review



- ▶ Infants should be placed for sleep in a supine position for every sleep. Side sleeping is not as safe as supine sleeping (Moos, 2006).

# Integrated Literature Review



- ▶ Prone sleeping can be prevented and is a modifiable risk factor (Ostfeld, 2006).

# Clinical Implications



Put Infants to Sleep on  
Their BACKS!

# Suggestions for Future Research

- ▶ Does the use of a pillow or use of a stuffed animal increase the risk of SIDS in infants?
- ▶ Does the use of bumper pads while sleeping increase the risk of SIDS?

# Suggestions for Future Research

- ▶ Can pacifiers reduce the risk of SIDS?
- ▶ Does type of sleeping surface have a correlation between SIDS?

# Suggestions for Future Research

- ▶ Large case-controlled study of infants who died before completion of first year of life
- ▶ Examination of obstetric record
- ▶ Interview with parents
- ▶ Observational studies
- ▶ Compare with randomly sampled control subjects

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