



Prevention in children and adolescents AEPap/PAPPS

Sudden Infant Death Syndrome

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RECOMMENDATIONS

Sudden Infant Death Syndrome (SIDS) is the death of an infant less than one year old of unexplained origin after a thorough investigation, including complete autopsy, place of death exam and clinical history review.

Grade A recommendation:

- Avoid prone sleeping position in infants less than 6 months old:
 - Sleeping in supine decubitus position is the safest and clearly preferable to lateral decubitus. Only in a specific medical indication (severe gastroesophageal reflux, active respiratory illness in preterm infants and certain upper way malformations) can prone decubitus be recommended.
- Recommend breast-feeding on demand.
- Recommend against tobacco smoking to parents, especially to the mother during pregnancy, although also after delivery. Don't allow anybody smoking in the infants' presence.

Grade B recommendation:

- Environment of the bedroom during the sleep:
 - The crib in the parents' bedroom is the safest place.
 - Not rejecting the use of a pacifier during sleeping time in the first year of life seems to be a cautious measure.
- Recommend appropriated control of pregnancy and perinatal period.
- Avoid the prenatal and postnatal use of alcohol and illegal drugs.

- Recommend against co-sleeping if father or mother are tobacco smokers, have drunk alcohol, anxiolytic, antidepressant or hypnotic drugs have been used and in case of extreme exhaustion. Co-sleeping is advised against also in sofas, armchairs or any other place but the bed.