Sudden Infant Death Syndrome


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:
  o 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:
  o The crib in the parents’ bedroom is the safest place.
  o 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.