



## Tips for identifying unsafe infant sleep products

Semi-reclined and co-bedding products designed for infant sleep are becoming more popular. When you receive questions about the safety of products like these, refer to the AAP recommendations and ABCs of safe sleep.

- The risk of death increases when infants are sleeping in adult beds. A baby sleeping in an adult bed and on the same surface as others has:
  - increased risk of overheating,
  - increased risks of over-lay,
  - increased risks of suffocation from soft bedding
- Avoid putting baby to sleep in swings or other semi-reclined products for nap time or night time. Without support, baby's neck position could change and compromise the airway and restrict breathing. Several products also include fluffy pillows and headrests, which increases the risk of suffocation.
- A common reason for using the semi-reclined position is for management of reflux, but research has shown that this position does not actually decrease reflux. The American Academy of Pediatrics' reflux management guidelines for physicians states that, "semisupine positioning, particularly in an infant carrier or car seat, may exacerbate gastroesophageal reflux and should be avoided when possible, especially after feeding."
- A car seat is meant to protect an infant while traveling in a car. When the car seat comes out of the base, the angle of the seat could change and could compromise baby's neck position and airway.
- We know that we cannot keep baby awake all the time and dosing off will happen while traveling, but it is important to encourage families to take frequent breaks and check on baby often if he/she is sleeping.

## References

American Academy of Pediatrics reflux management guidelines for physicians:  
<http://pediatrics.aappublications.org/content/early/2013/04/24/peds.2013-0421>

American Academy of Pediatrics safe sleep guidelines:  
<http://pediatrics.aappublications.org/content/early/2016/10/20/peds.2016-2938>

Pediatric Gastroesophageal Reflux Clinical Practice  
Guidelines: <http://www.naspghan.org/files/documents/pdfs/position-papers/FINAL%20-%20JPGN%20GERD%20guideline.pdf>