

# Sudden Infant Death Syndrome Awareness Month



## WHAT IS SUID?

Sudden Unexpected Infant Death (SUID) is the death of an infant less than 1 year old that occurs suddenly and unexpectedly. The cause of death is not immediately obvious before investigation.

**SUID includes all unexpected deaths:** Those without a clear cause, such as SIDS, and those from a known cause, such as suffocation.

## WHAT IS SIDS?

Sudden Infant Death Syndrome (SIDS) is the sudden death of an infant less than 1 year of age which remains unexplained after a thorough autopsy and case investigation.

## CDC DATA

- Each year, around 3,400 infants in the U.S. die from SUID.
- SIDS affect some populations more than others. African American and Native American infants have higher rates of SIDS compared to white infants.



## SAFE SLEEP TIPS

### Reduce the risk of SIDS with these tips:

- Always place your baby on their backs to sleep.
- Place your baby on a firm mattress in a safety-approved crib, covered by a fitted sheet.
- Keep soft objects, toys, and loose bedding out of your baby's sleep area.
- Keep your baby's sleep area in the same room where you sleep for at least the first 6 months.
- Do not smoke or allow anyone to smoke around your baby.
- Dress your baby in sleep clothing, such as a wearable blanket, and keep the room at a comfortable temperature.
- Consider giving your baby a pacifier at naptime and bedtime.



## RESOURCES

- [safetosleep.nichd.nih.gov/](https://safetosleep.nichd.nih.gov/)
- [safetosleep.nichd.nih.gov/resources/videos](https://safetosleep.nichd.nih.gov/resources/videos)
- [healthychildren.org/English/ages-stages/baby/sleep/Pages/a-parents-guide-to-safe-sleep.aspx](https://healthychildren.org/English/ages-stages/baby/sleep/Pages/a-parents-guide-to-safe-sleep.aspx)

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