

# Safe Sleep for Babies

Findings from Safe and Sound, a 2020 Special Report by the Manitoba Advocate for Children and Youth



Alone



On Back

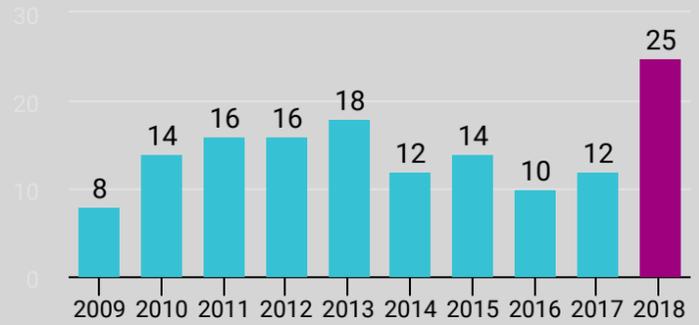


No smoking



No clutter

- Sleep-related deaths are the **#2** cause of death for infants in Manitoba
- From 2009 to 2018, there were **145** sleep-related infant deaths in Manitoba
- 2018 had the highest number of sleep-related infant deaths in the last ten years



## TOGETHER WE CAN PREVENT SLEEP RELATED DEATHS



### BABY SHOULD SLEEP ALONE

**Bed-sharing (sleeping on the same surface as your baby) is risky. Bed-sharing increases the risk of suffocation and overlay.**

50% of sleep-related infant deaths occurred while bed-sharing. In 36% of bed-sharing cases, there was no safe sleeping surface available for infants in the home, like a crib.



### BABY SHOULD SLEEP ON THEIR BACK

**Sleeping on their stomach or side increases the risk of re-breathing and suffocation.**

39% of infants were placed in an unsafe sleeping position including on their stomach, on their side, and sitting.



### NO SMOKING

**Smoking while pregnant and after pregnancy increases the risk of sleep-related infant death.**

50% of infants who died unexpectedly in their sleep were exposed to smoking, that includes exposure in the womb, second-hand smoking after birth, and smoking residue in the home.



### NO CLUTTER

**Clutter in the sleep environment, such as blankets, pillows, and toys, increase the risk of suffocation and entrapment.**

80% of sleep-related infant deaths had a blanket, 50% had pillows in the sleep environment, and 9% had toys.



### LIGHTLY CLOTHED

**Infants have a hard time regulating their temperature.** Overheating can happen if an infant is swaddled or given multiple blankets.

47% of cases of sleep-related deaths included factors related to overheating such as swaddling, heavy blankets, and a room temperature of over 21 degrees Celsius.



## All infants have the right to live and thrive.

Children hold a sacred place in many cultures. Protecting infants and ensuring that they have what they need to live and thrive is everyone's responsibility.

To learn more, read the [Report Summary](#) or the [Full Report](#).  
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