

SIDS

by Baby's Age

Sudden Infant Death Syndrome (SIDS)

is the leading cause of death among infants between 1 month and 1 year of age.

Age by Month

1

2

3

4

5

6

7

8

9

10

11

12

Even though SIDS can occur any time during a baby's first year, **most SIDS deaths** occur in babies between **1 and 4 months** of age.

SIDS is less common after 8 months of age, but parents and caregivers should continue to follow safe sleep practices to reduce the risk of SIDS and other sleep-related causes of infant death until baby's first birthday.

More than
90%
of all SIDS deaths occur
before 6 months
of age

72%
of SIDS deaths occur in
Months 1-4

To reduce the risk of SIDS and other sleep-related causes of infant death:

▶ Always place baby on his or her back to sleep, for naps and at night.



▶ Share your room with baby. Keep baby close to your bed, on a separate surface designed for infants.



▶ Use a firm and flat sleep surface, such as a mattress in a safety-approved crib*, covered by a fitted sheet with no other bedding or soft items in the sleep area.



▶ Breastfeed your baby to reduce the risk of SIDS.



Learn more about ways to reduce the risk of SIDS and other sleep-related causes of infant death at

<http://safetosleep.nichd.nih.gov>

*For information on crib safety, contact the CPSC at 1-800-638-2772 or <http://www.cpsc.gov>.



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