



## *Updated 2022 AAP Recommendations for Creating a Safer Sleep Environment*

The American Academy of Pediatrics (AAP) updated their safe sleep recommendations for infants (through the first year of life after birth), published in the July 2022 issue of Pediatrics. Several recommendations remain the same as those made in 2016. For example, babies younger than one-year-old are safest when placed on their backs on a firm flat surface without any pillows, blankets, bumpers, other soft bedding, or toys in the sleep environment. Other recommendations, such as the recommendations against putting a baby to sleep on an inclined surface, or using heart and breathing monitors to reduce the risk of SIDS, have been included.

The full set of recommendations contains complete explanations of why these recommendations are made and how they relate to protecting against Sudden Infant Death Syndrome (SIDS), suffocation, strangulation, or other unexplained infant death during sleep. Below is an abbreviated list of recommendations:.



**Back to sleep  
for every sleep.**

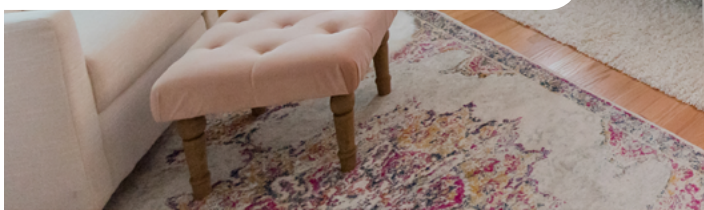
To reduce the risk of sleep-related death, it is recommended that infants be placed for sleep in a supine (back) position for every sleep by every caregiver until the child reaches 1 year of age. Side sleeping is not safe and is not advised.

Use a firm, flat, noninclined sleep surface to reduce the risk of suffocation or wedging/entrapment.



Feeding of human milk is recommended, as it is associated with a reduced risk of SIDS.

It is recommended that infants sleep in the parents' room, close to the parents' bed, but on a separate surface designed for infants, ideally for at least the first 6 months.



Keep soft objects, such as pillows, pillow-like toys, quilts, comforters, mattress toppers, fur-like materials, and loose bedding, such as blankets and nonfitted sheets, away from the infant's sleep area.



Offering a pacifier at nap time and bedtime is recommended to reduce the risk of SIDS. (Offer the pacifier when placing the infant for naps or nighttime sleep. It does not need to be reinserted once the infant falls asleep.)



Avoid alcohol, marijuana, opioids, and illicit drug use. cigarette smoke and nicotine exposure during pregnancy and after birth.





- Avoid overheating and head covering in infants.
- It is recommended that pregnant people obtain regular prenatal care.
- It is recommended that infants be immunized in accordance with guidelines from the AAP and Centers for Disease Control and Prevention.
- Avoid the use of commercial devices that are inconsistent with safe sleep recommendations.

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- Do not use home cardiorespiratory monitors as a strategy to reduce the risk of SIDS.
- Supervised, awake tummy time is recommended to facilitate infant development and to minimize development of positional plagiocephaly.
- There is no evidence to recommend swaddling as a strategy to reduce the risk of SIDS. There is a high risk for death if a swaddled infant is placed in or rolls to the prone position.

