



Explanation of Concepts and Definitions:

1. Sudden Infant Death Syndrome (SIDS):

Sudden Infant Death Syndrome (SIDS) is an idiopathic condition that typically affects infants during their first year of life. SIDS is defined as: the sudden and unexpected death of an infant under one year of age who were healthy prior to death, and whose death remained unexplained even after the performance of a complete post mortem examination, including toxicological and genetic testing, a death scene investigation, and a review of the infant's medical history (Willinger et al, 1991).

2. Sleep Position:

There are generally three positions in which babies sleep: 1) supine, i.e. on the back, 2) prone, i.e. on the stomach, and 3) on the side. The supine sleep position is promoted by the AAP and the Cribs for Kids® Infant Safe Sleep Initiative.

3. Sleep Surface:

The surface on which a baby is placed for sleep constitutes a sleep surface. Ideally, infants should sleep in a crib on a firm mattress that meets current federal safety standards.

4. Soft Bedding:

This can include any type of bedding other than a firm, tight-fitting mattress in a crib that meets current safety standards. Examples include: pillows, quilts, comforters, sheepskins, stuffed toys, blankets, waterbeds, soft mattresses, sofas, and other soft products.

5. Bed-sharing:

When an infant sleeps with others in an adult bed.

6. Co-sleeping:

Involves the infant sleeping in its own space, such as in a safety-approved crib, but adjacent to the parent or caregiver.

7. Room-sharing:

When the baby sleeps in its own crib in the same room as the parents.

8. Safe Sleep Environment:

This involves a combination of proper sleep position (supine) on a firm mattress, in a safety-approved crib, with no soft bedding or blankets in the crib, in a smoke-free environment.