

# 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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