



The goal of **Georgia Safe to Sleep** is to reduce the number of sleep-related infant deaths in the state.

It is important that our messaging is accurate and consistent and that we are all speaking the same language about safe sleep.

This **Glossary of Terms** provides definitions of commonly used sleep-related language and concepts about safe sleep environments.

To learn more about the **Georgia Safe to Sleep** campaign or join the Hospital-Based Safe to Sleep program, visit www.georgiasafetosleep.org

GLOSSARY OF TERMS

ABCS OF SAFE SLEEP – These are recommendations set forth by the American Academy of Pediatrics (AAP):

- **Alone** – Babies should sleep alone in their own sleep space, close to but separate from their caregiver. Parents and caregivers are encouraged to share a room with the infant, but avoid sleeping in the same bed.
- **Back** – Babies should be placed on their back to sleep. Studies show that placing infants on their back for all sleep times, including naps and at night, reduces the risk of SIDS.
- **Crib** – Babies should sleep in a crib or bassinet that meets standards set forth by the Consumer Product Safety Commission. The mattress should be firm and covered with a tight-fitting bottom sheet made specifically for the crib. There should be no blankets, quilts, crib bumpers, toys or any objects in baby's sleeping space.

SUDDEN UNEXPECTED INFANT DEATH (SUID): The death of an infant younger than 1 year of age that occurs suddenly and unexpectedly. After a full investigation, these deaths may be diagnosed as:

- **Suffocation** – When no air reaches a baby's lungs, usually caused by a blockage in the airway
- **Entrapment** – When a baby gets trapped between two objects, such as a mattress and wall, and can't breathe
- **Infection** – When a baby has a cold or other infection caused by a virus or bacteria that makes breathing difficult
- **Ingestion** – When a baby takes something into the mouth that blocks the airway or causes choking

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- **Metabolic diseases** – Conditions related to how the body functions that can lead to problems with breathing
- **Cardiac arrhythmias** – When a baby's heart beats too fast or too slow and affects breathing
- **Trauma** (intentional or unintentional) – When a baby experiences an injury
- **SIDS**

In some cases, the evidence is not clear or not enough information is available, so the death is considered to be of undetermined cause.

SUDDEN INFANT DEATH SYNDROME (SIDS) – One type of SUID, SIDS is the sudden death of an infant younger than 1 year of age that cannot be explained even after a full investigation that includes a complete autopsy, examination of the death scene, and review of the clinical history.

ACCIDENTAL SUFFOCATION AND STRANGULATION IN BED (ASSB) – One type of SUID, ASSB is a cause-of-death code used for vital statistics purposes. This code is used to identify infant deaths caused by suffocation or asphyxia (blockage of the infant's airway) in a sleeping environment. For example:

- **Suffocation by soft bedding** – When soft bedding, a pillow, or a waterbed mattress blocks the infant's airway.
- **Overlay** – When another person shares the sleep surface with the infant and lays on or rolls on top of or against the infant while sleeping, blocking the infant's airway.
- **Wedging or entrapment** – When an infant gets trapped between two objects, such as a mattress and wall, bed frame, or furniture, blocking the infant's airway.
- **Strangulation** – When something presses on or wraps around the infant's head and neck blocking the airway.

CO-SLEEPING – A sleep arrangement in which the parent (or another person) and infant sleep in close proximity (on the same surface or different surfaces) so as to be able to see, hear, and/or touch each other. Co-sleeping arrangements can include room sharing or bed sharing. The terms “bed sharing” and “co-sleeping” are often used interchangeably, but they have different meanings.

ROOM SHARING – A sleep arrangement in which an infant sleeps in the same room as parents or other adults, but on a separate sleep surface, such as a crib, bassinet, or play yard. The American Academy of Pediatrics (AAP) recommends that the infant's sleep surface be close to the parents' bed to aid in feeding, comforting, and monitoring of the infant. Room sharing is known to reduce the risk of SIDS and other sleep-related causes of infant death.

BED SHARING – A sleep arrangement in which an infant sleeps on the same surface, such as a bed, couch, or chair, with another person. Sleeping with a baby in an adult bed increases the risk of suffocation and other sleep-related causes of infant death.

INFANT: Any child under the age of 12 months.

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CAREGIVER – Any person providing care, watchful oversight, and supervision of an infant or child. This may include parents, guardians, relatives, foster parents, child care providers, baby-sitters and others.

SOFT SURFACES – A soft sleep surface includes blankets, quilts, pillows, soft crib bumpers, stuffed animals, or an infant positioner. A soft sleep surface can also mean a crib with a soft mattress, a couch, an armchair or water bed. Soft sleep surfaces and/or placing an infant under soft bedding put them at higher risk for SIDS and other sleep-related causes of infant death.

OVERHEATING – Overheating occurs when an infant gets too hot because of high room temperature (the temperature should be comfortable for a lightly clothed adult) or overdressing the infant.