

American Academy of Pediatrics Breastfeeding and Safe Infant Sleep Recommendations

1. Breastfeeding reduces the risk of SIDS. If possible, mothers should exclusively breastfeed for 6 months.
2. Room sharing without bed sharing is recommended because evidence shows it reduces the risk of SIDS by as much as 50% and it most likely to prevent accidental suffocation. Parents should keep the infant's sleep area close to the parents' bed, but separate from, where they and others sleep. The infant should not sleep in a bed or on a couch or armchair with adults or other children, but he or she can sleep in the same room as his or her parents.
3. Baby may be brought into the bed for breastfeeding or comforting, but baby should be placed back in a separate sleep area, such as a crib, bassinet, or play yard when parent is ready to fall asleep.
4. There is no evidence that devices marketed to make bed sharing safe (e.g., in-bed co-sleepers) are safe or reduce the risk of SIDS or suffocation. These devices are not recommended.
5. Research has shown there are specific circumstances that substantially increase the risk of SIDS or suffocation while bed-sharing. In particular, it should be stressed to parents that they avoid the following situations at all times:
 - a. Bed-sharing when the infant is younger than 3 months, regardless of whether the parents are smokers or not.
 - b. Bed-sharing with a current smoker (even if he or she does not smoke in bed) or if the mother smoked during pregnancy.
 - c. Bed-sharing with someone who is excessively tired.
 - d. Bed-sharing with someone who has or is using medications (e.g., certain antidepressants, pain medications) or substances (e.g., alcohol, illicit drugs) that could impair his or her alertness or ability to arouse.
 - e. Bed-sharing with anyone who is not a parent, including other children.
 - f. Bed-sharing with multiple persons.
 - g. Bed-sharing on a soft surface such as a waterbed, old mattress, sofa, couch, or armchair.
 - h. Bed-sharing on a surface with soft bedding, including pillows, heavy blankets, quilts and comforters.
6. Twins and higher order multiples should have separate sleep areas and co-bedding should be avoided in the hospital and at home.