Accidental Suffocation and Strangulation During Infant Sleep

Accidental Suffocation and Strangulation in Bed, or ASSB, occurs when something limits a baby’s breathing, like when soft bedding or blankets are against their face or when a baby gets trapped between two objects, such as a mattress and wall. Among babies, accidental suffocation is responsible for three-fourths of all unintentional injury deaths.

More than 85% of all deaths from Accidental Suffocation and Strangulation in Bed occur from birth to 6 months of age.

Age in months

Most ASSB deaths occur between birth and 4 months of age.

Deaths from ASSB are less common in babies older than 6 months.

To reduce the risk of Accidental Suffocation and Strangulation in Bed:

- 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.

*For information on crib safety, contact the CPSC at 1-800-638-2772 or http://www.cpsc.gov.

Learn more
http://safetosleep.nichd.nih.gov