Infant & Toddler Sleep Safety Reducing Sids And Nap-Time Risks Stats and Facts



FACTS

- Most sleep-related infant deaths are preventable.
- Unsafe sleep environments significantly increase risk.
- Consistency prevents unsafe shortcuts.
- Supervision remains critical during sleep.
- Safe sleep policies protect children and staff.

STATS

- The U.S. CDC reports approximately 3,400 sleep-related infant deaths annually.
- The American Academy of Pediatrics identifies back sleeping and empty cribs as key protective factors.
- U.S. studies show safe sleep education reduces SIDS rates significantly.
- Canadian public health data links unsafe sleep environments to preventable infant deaths.