



Health Advisory: Infant Sleep Safety in Childcare Settings

Infant deaths and unsafe sleep practices have been reported in childcare settings.¹ This risk is underrecognized as a public safety issue. As a modifiable risk factor, infant sleep practices should be monitored closely in childcare settings.

The American Academy of Pediatrics (AAP) has published recommendations on safe sleep practices for infants.² These instructions are not always followed in licensed childcare settings, which increases the risk of infant deaths.^{3,4} Many states have mandated that training about safe sleep practices for infants must be provided to all staff in licensed childcare centers. Not all states mandate this training, and there is a lack of reliable mechanisms to verify adherence to safe sleep practices. As a result, there is a risk that safe sleep practices for infants may not be followed, endangering infants at childcare centers.

To address these concerns about infant sleep safety in childcare settings, the American Academy of Sleep Medicine (AASM) advises that the following measures be taken to mitigate risk:

- Promotion of current AAP recommendations for safe infant sleep practices
- Implementation of training programs for childcare providers to ensure their understanding of AAP recommendations
- Development of clear and concise policies that promote adherence in childcare settings to the AAP recommendations

References

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2. Moon RY, Carlin RF, Hand I; Task Force on Sudden Infant Death Syndrome and the Committee on Fetus and Newborn. Sleep-related infant deaths: updated 2022 recommendations for reducing infant deaths in the sleep environment. *Pediatrics*. 2022;150(1):e2022057990. <https://doi.org/10.1542/peds.2022-057990>
3. Neuharth-Pritchett S, Salm Ward T, McLaughlin KC, Jackson VM. A comparison of safe sleep violations in child care and family child care learning homes in Georgia. *Child Care Health Dev*. 2021;47(2):184-190. <https://doi.org/10.1111/cch.12821>
4. Staton S, Pattinson C, Smith S, et al. Observed compliance with safe sleeping guidelines in licensed childcare services. *Arch Dis Child*. 2019;104(12):1193-1197. <https://doi.org/10.1136/archdischild-2019-317000>

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The American Academy of Sleep Medicine (AASM) is a professional society that advances sleep care and enhances sleep health to improve lives (aasm.org).

A searchable directory of AASM-accredited sleep centers is available at sleepeducation.org.