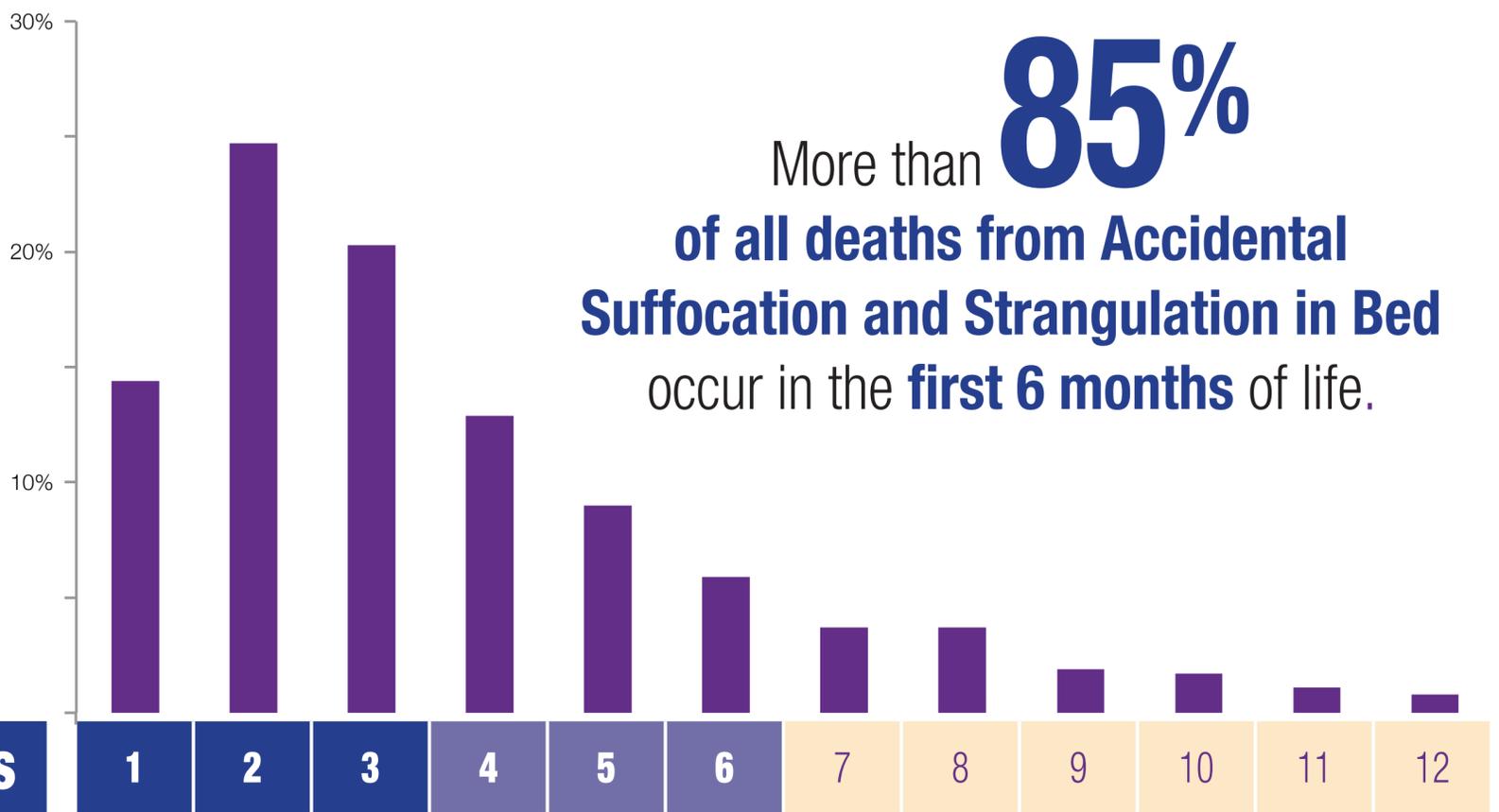


Accidental Suffocation and Strangulation during Infant Sleep

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 quarters of all unintentional injury deaths.



More than **85%** of all deaths from **Accidental Suffocation and Strangulation in Bed** occur in the **first 6 months** of life.

Age in months

Most of these deaths occur in the first 3 months of life.

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



Follow safe sleep recommendations until baby's first birthday to reduce the risk of SIDS and other sleep-related causes of infant death.

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

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

- ▶ Always place baby on his or her back to sleep for all sleep times, including naps.
- ▶ Room share—keep baby's sleep area in the *same* room next to where you sleep.
 - Baby needs his or her own sleep area and should not sleep on a couch, chair, or adult bed.
- ▶ Use a firm sleep surface that is free from soft objects, toys, blankets, and crib bumpers.

