

Name: _____

Reminder: Circle your answers below

1. SIDS, a form of sleep-related death, is:
 - a. The sudden and unexplained death of an infant younger than one year of age
 - b. Caused by vomiting and/or choking
 - c. Determined only after an autopsy, an examination of the death scene, and a review of the infant's and family's clinical histories
 - d. Both A and C

2. The American Academy of Pediatrics states the safest place for an infant to sleep is:
 - a. In a crib in baby's room
 - b. In a crib in the parent(s) room
 - c. In the adult bed
 - d. Both A and B are equally safe

3. Per the American Academy of Pediatrics, infants should be placed on their ___ to sleep
 - a. Back
 - b. Side
 - c. Stomach
 - d. Both A and B

4. The recommended infant safe sleep environment includes which of the following:
 - a. A firm mattress
 - b. A bumper pad
 - c. A loose blanket
 - d. All of the above

5. Recommendations to reduce sleep-related death include:
 - a. Encourage families to have smoke-free homes and cars to eliminate secondhand smoke
 - b. Allow infants to sleep in youth-sized or toddler beds with older siblings
 - c. Placing infant to sleep with a pacifier
 - d. Both A and C

6. Which statement is true regarding the relationship between SIDS and breastfeeding?
 - a. Exclusively breastfed infants never die of SIDS
 - b. Breastfeeding reduces the risk of SIDS
 - c. Breastfeeding reduces the need to follow safe sleep guidelines to reduce the risk of SIDS
 - d. All of the above

7. Because of concern that pacifiers will interfere with breastfeeding initiation many health care providers recommend:
 - a. Introducing a pacifier once breastfeeding has been discontinued
 - b. Introducing a pacifier to reduce the risk of SIDS after breastfeeding is firmly established
 - c. Introducing a pacifier to reduce the risk of SIDS only for bottle-fed infants
 - d. None of the above

8. Recommended options for controlling a baby's temperature at home during sleep include:
 - a. Always put a hat on infants before placing him/her down to sleep
 - b. Use loose blankets over a swaddled infant to keep him/her warm
 - c. Dress infants appropriately for the environment, with no more than one layer more than an adult wears
 - d. Both A and C

9. Which statements is NOT an American Academy of Pediatrics safe sleep recommendation?
 - a. Do not smoke around infants
 - b. Do not use bumpers in the sleeping area
 - c. Multiples (twins, triplets, etc.) should share a sleep surface
 - d. Do not use sleep positioners to keep infants from rolling over

10. Evidence suggests the most effective strategy to influence parents to follow the safe sleep guidelines is:
 - a. Advice from health care professionals
 - b. Observe the nursing staff modeling safe sleep
 - c. Receive statistics on sleep-related infant deaths from trusted sources
 - d. Both A and B