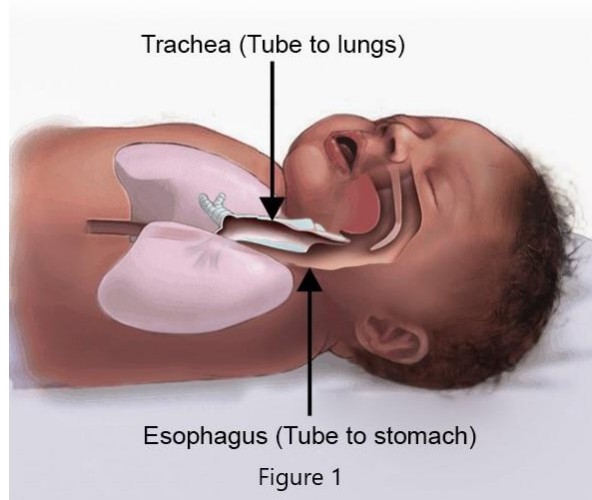


## Why Back is Best

Babies may actually clear secretions better when placed on their backs. When babies are in the back sleeping position, the trachea lies on top of the esophagus (see Figure 1). Anything regurgitated or refluxed from the esophagus must work against gravity to be aspirated into the trachea.

**Baby in the back sleeping position**



Conversely, when an infant is in the stomach sleeping position, anything regurgitated or refluxed will pool at the opening of the trachea, making it easier for the infant to aspirate (see Figure 2).

**Baby in the stomach sleeping position**

