

Sudden Infant Death Syndrome

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Sudden Infant Death Syndrome Latest News

Sudden Infant Death Syndrome (SIDS) is a leading cause of infant mortality globally and October is marked as Sudden Infant Death Syndrome month.

About Sudden Infant Death Syndrome

- It is the term used to **describe the sudden and unexpected death** of an **infant** that is **less than one year old**, for which no cause can be found even after an investigation.
- It is sometimes known as '**cot death**' or '**crib death**', even though cots and cribs are not the cause of these deaths.
- The most SIDS deaths occur during the **first six months of a baby's life**.
- It occurs slightly more in baby boys and happens when **the baby is asleep**.

Risk Factors for SIDS

- **Premature birth** or low birth weight;

- A family history as babies who have had a sibling who died of SIDS are at a higher risk; Exposure to smoking/secondhand smoke during or after pregnancy;
- **Unsafe sleeping positions** or environments and poor prenatal care.

Possible Causes of Sudden Infant Death Syndrome

- Problems of under-**development of the part of the brain** that helps control breathing and waking during sleep.
- It may also **be a genetic vulnerability** or a vulnerability to environmental stresses.
- Vaccines do not cause SIDS.

Source: TH

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