

Safe Sleep

About Technical Assistance Briefs. The MCH Evidence Center provides ongoing technical assistance (TA) to Title V agencies related to the emerging evidence base, strategies, and measures related to many topics interconnected with National Performance Measures and other critical topics in MCH. *Technical Assistance Briefs* are an outcome of these TA sessions that are designed to act as *conversation starters* in thinking about programs that can be developed to address issues that affect women, infants, children, adolescents, youth, families, and communities. These briefs are not meant to be comprehensive; full analyses of the NPM topic areas are provided in [Evidence Analysis Reports](#).

The Center makes these customized briefs available during TA and on the program website to identify evidence-based/informed strategies, promising practices, examples of ESMs from the field and peer-reviewed resources. Please [contact us](#) if you would like us to develop a similar report for topics that you are working on.

Initial Query for this Brief. Identify measures and best practices around Safe Sleep.

Evidence-Based Strategy Measures

ESM: Program Integration. These ESMs have been chosen by other states. You can review the ESMs to see if any resonate with your goals. Evidence Center staff are available to talk through how you could modify select ESMs to serve your needs.

State	ESMs
AL	ESM 5.2: Number of sleep-related infant deaths
AL	ESM 5.3: Number of trainings facilitated to assist healthcare professionals and first responders, who interact with expecting and new mothers, with being trained on safe sleep recommendations
AK	ESM 5.1: Percent of SUID cases reviewed by MCDR in prior year with a scene reenactment including photos completed by the investigating agency.
AK	ESM 5.2: Number of maternity care providers and WIC staff participating in Alaska Breastfeeding initiative trainings with information about safe sleep.
AZ	ESM 5.1: Number of safe sleep-related activities that are implemented by local county health departments.
AZ	ESM 5.2: Number of digital impressions of the safe sleep media campaign.
AZ	ESM 5.3: Number of caregivers who receive safe sleep training and a pack 'n' play (safe sleep environment) through local county health departments.
AZ	ESM 5.4: Percent of at-risk communities with a safe sleep campaign outdoor media presence.
AZ	ESM 5.5: Number of ABCs of Sleep Crib Cards distributed.
AZ	ESM 5.6: Percentage of hospitals that are distributing the ABCs of Safe Sleep crib cards to their patient population.
AR	ESM 5.4: Percent of women enrolled in the WIC Plus Baby and Me Program who place their infant to sleep on their back
FL	ESM 5.1: The number of birthing hospitals that are Safe Sleep Certified
GA	ESM 5.1: Percent of hospitals and birthing facilities providing education and modeling safe infant sleep to parents with newborns or infants
GA	ESM 5.2: Number of professionals trained to education on, identify, and model safe infant sleep environments

HI	ESM 5.1: The number of languages in which safe sleep educational materials are available for Hawaii's communities.
ID	ESM 5.1: Number of individuals who participated in safe sleep training
IA	ESM 5.1: Number of community education opportunities Title V agencies provide education about safe sleep environments each year
KS	ESM 5.1: Percent of Kansas Perinatal Community Collaboratives (KPCC) participants who placed their infants to sleep (A) on their backs
KS	ESM 5.2: Percent of Kansas Perinatal Community Collaboratives (KPCC) participants who placed their infants to sleep (B) in a crib/bassinet or portable crib
KY	ESM 5.1: PRAMS mothers who report placing their infants in a back-to-sleep positioning by September 30, 2025.
LA	ESM 5.1: Number of professionals trained to recognize, identify, and model safe sleep environments
ME	ESM 5.1: Percent of WIC participants who report always placing their baby on his/her back to sleep
MD	ESM 5.1: Percentage of infants less than 6 months who are placed on their backs to sleep
MI	ESM 5.1: Increase the number of Maternal Infant Health Program agencies that have staff trained to use the concepts of motivational interviewing with safe sleep
MI	ESM 5.2: Increase the number of agencies that have implemented or revised/updated a safe sleep policy/protocol
MI	ESM 5.3: Increase the number of hospitals that have implemented or revised/updated a safe sleep policy/protocol for the NICU
MN	ESM 5.1: Percent of births delivered at Minnesota hospitals with national Safe Sleep Hospital Certification
MS	ESM 5.1: Number of safe sleep educational books and resources distributed to families in all birthing hospitals.
MO	ESM 5.1: At the time of follow-up, percent of safe crib program clients who were placing their baby in a safe sleep environment.
MT	ESM 5.1: Percent of activity goals to decrease infant deaths due to unsafe sleep conditions which are met by county public health departments using MCHBG funding for the work.
NV	ESM 5.1: Percent of PRAMS respondents who report their infants (under 1 year of age) were laid to sleep in a high-risk sleep position and /or environment
NH	ESM 5.1: Percent of infants enrolled in home visiting who are always placed to sleep on their back, without bed-sharing or soft bedding
NJ	ESM 5.1: Promote the complete Infant Safe Sleep Environment (no co-sleeping, on back, and no soft bedding)
OH	ESM 5.1: Number of families provided with a crib and safe sleep education through Cribs for Kids
OK	ESM 5.1: The percentage of infants delivered at birthing hospitals participating in the sleep sack program
PW	ESM 5.1: Increase education and awareness on the "ABC's" of safe-sleep
PA	ESM 5.3: Percentage of infants born whose parents were educated on safe sleep practices through the model program
PR	ESM 5.1: Percent of infants of 4 months of age, in the Title V Home Visiting Program (HVP), placed to sleep in a safe environment after receiving safe sleep counseling in Puerto Rico by September 2021-2025
SD	ESM 5.2: % of daycares who respond to survey and indicate that they follow safe sleep guidelines
SD	ESM 5.3: % of birthing hospitals that receive information on certification process that become safe sleep certified
TN	ESM 5.1: Percent of hospitals receiving national recognition or implementing approved safe sleep policy
TN	ESM 5.7: Number of diaper bags with safe sleep educational materials distributed
TX	ESM 5.1: Number of health professionals who received Texas HHS CE credits on SUID prevention or safe sleep practices in the past year
VI	ESM 5.1: Percent of families receiving safe sleep educational materials at District birthing hospitals.

WV	ESM 5.1: Percent of birthing hospitals that are trained using the evidence-based curriculum for safe sleep education
WV	ESM 5.2: Percent of families enrolled in a home visitation program who received safe sleep education from a trained home visitation provider on the first visit after child's birth
WV	ESM 5.3: Percent of infants enrolled in a home visitation program that are always placed to sleep on their backs, without bed-sharing or soft bedding
WY	ESM 5.1: Percent of PRAMS moms who report having a home visit and report their baby sleeps on a separate approved sleep surface
WY	ESM 5.2: Percent of PRAMS moms who report having a home visit and report their baby sleeps without soft objects or loose bedding

Evidence-Based Strategies – What Works for Health

The following programs have been identified as effective models related to Safe Sleep:

Title	Link	Category
Early Childhood home visiting programs	https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/early-childhood-home-visiting-programs	Scientifically Supported
Healthy Families America (HFA)	https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/healthy-families-america-hfa	Some Evidence

Evidence-Based Strategies – Innovation Hub

The following programs have been identified as effective models related to Safe Sleep:

Title	Link	Category
Safe Sleep Diaper Bag Project	https://amchp.org/wp-content/uploads/2021/05/Safe-Sleep-Diaper-Bag-Project_Practice-Handout-Promising.pdf	Promising
Back to Sleep Training for Nursery Room Nurses	https://amchp.org/wp-content/uploads/2021/05/Back-to-Sleep_2015-1.pdf	Promising
KIDS Network Safe Sleep Instructor Certification Project	https://amchp.org/wp-content/uploads/2021/05/Safe-Sleep-Instructor-Certification.pdf	Promising
Michigan Infant Safe Sleep Statewide Hospital Training Program	https://amchp.org/wp-content/uploads/2021/05/Michigan-Infant-Safe-Sleep-Statewide_Practice-Handout_Emerging.pdf	Emerging
Reducing the Risk of SIDS and Other Sleep-related Infant Deaths through the Design and Deployment of Free Educational Apps for Mobile Phones	https://amchp.org/wp-content/uploads/2021/05/SIDS_Practice-Handout-Emerging.pdf	Emerging
Tennessee Safe Sleep Hospital Project	https://amchp.org/wp-content/uploads/2021/05/Tennessee-Safe-Sleep-Hospital.pdf	Emerging
Maine Safe Sleep Kit Program	https://amchp.org/wp-content/uploads/2022/03/2021_Maine-Safe-Sleep_Implementation_Handout.pdf	Policy Implementation

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Access other resources at <https://www.mchevidence.org>

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