



Safe Sleep Saves Lives

Of the **174 infant deaths** investigated by the Saskatchewan Coroners Service since 2015, **over 50% of them** (97) involved concerns over unsafe sleeping practices.

Most of these deaths involved **co-sleeping** and **sleeping on a surface not designed for unsupervised infant sleep**, such as an adult mattress, car seat, swing seat, high-chair, stroller, couch, armchair, sofa or pillows.

The Saskatchewan Prevention Institute, the Canadian Pediatric Society, the First Nations Health Authority, and the Government of Canada all advocate for the same safe sleeping practices.

The safest place for your baby to sleep is on their back in a crib, cradle or bassinet, with a firm, flat surface, and a tight fitted sheet in your room.

Substitutes for a crib, cradle or bassinet can be a sturdy laundry basket with a smooth, firm bottom, a heavy, reinforced cardboard box, or a drawer from a dresser, kitchen or desk.

Share a room with your baby, not the bed.

Dress your baby in well-fitting sleepwear to prevent overheating from excessive clothing and **hazards such as loose fabric, buttons, ribbons and ties.**

Practice the ABCs of Safe Sleep



Alone on my

Back in my

Crib, cradle or bassinet

Keep the sleep surface clear of pillows, toys or loose blankets.

If baby falls asleep during tummy time, turn them onto their back so they can continue to sleep safely.

The Saskatchewan Coroners Service is committed to providing the public with information on dangerous practices or conditions that can avoid preventable deaths.

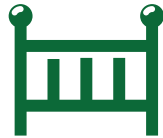
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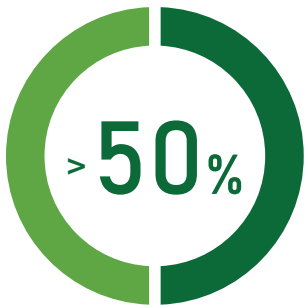
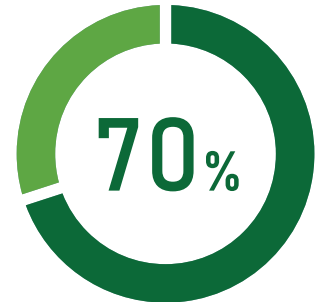
Saskatchewan!



Over 90% of infants who died suddenly in their sleep were in unsafe sleep environments.



70% of infant deaths occurred on a surface not intended for sleep.



Over 50% of sudden infant deaths occurred while sharing a bed.



**Circumstances surrounding sudden unexpected sleep related infant deaths, 2015-2020, Statistics Canada, 2021-12-09.*

Further Resources:

Saskatchewan Prevention Institute
<https://momsandkidssask.saskhealthauthority.ca>

Canadian Pediatric Society
caringforkids.cps.ca

First Nations Health Authority
fnha.ca
fnha.ca/wellness/wellness-for-first-nations/women-children-and-families/child-development/safe-infant-sleep-toolkit-safe-sleep-cards-and-guide

Growing up Healthy, Government of Saskatchewan
<https://publications.saskatchewan.ca/#/categories/466>

Government of Canada
canada.ca/en/public-health/services/safe-sleep
canada.ca/en/public-health/services/

For More Information:

Saskatchewan Coroners Service

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