



## When shared sleeping should be avoided

In order to provide parents with information to allow informed choices about safe sleeping practices relating to shared sleep environments parent education should include the following information.

### Important information



#### **Sharing a sleep surface with a baby must be avoided in the following circumstances**

(Blanchard and Vermilya 2007; SIDS and Kids 2007b):

- where the baby shares the sleep surface with a smoker (Blair, P S 2006; Blair, P. S. et al. 1999; Carpenter et al. 2004; Fleming, PJ et al. 2000; James, Klenka and Manning 2003)
- where there is adult bedding, doonas, or pillows that may cover the infant (Fleming, PJ et al. 2000; Kemp et al. 2000; Moon, Horne and Hauck 2007)
- where the baby can be trapped between the wall and bed, can fall out of bed, or could be rolled on (SIDS and Kids 2007b)
- where the parent is under the influence of alcohol or drugs that cause sedation, or is overly tired (Blair, P. S. et al. 1999; Kemp et al. 2000; Moon, Horne and Hauck 2007)
- where the baby is sharing a bed with other children or pets (Fleming, PJ et al. 2000; Mitchell, E.A. and Thompson 1995)
- where the baby is placed to sleep on a sofa, beanbag, waterbed, or sagging mattress (Blair, P. S. et al. 1999; Kemp et al. 2000; Nakamura, Wind and Danello 1999)
- where the baby is left alone on an adult bed, or put to sleep on a sofa (Beal and Byard 2000; Blair, P. S. et al. 1999; Byard et al. 2001; James, Klenka and Manning 2003; McGarvey, C. et al. 2006)
- where the baby is bed-sharing with multiple bed sharers out of necessity rather than choice (i.e. toddlers and/or other children and other adults all sleeping with the baby as there is only one bed in the house) (Hunt and Hauck 2006; Moon, Horne and Hauck 2007).