

2014; Carpenter, McGarvey, Mitchell, et al, 2013). A retrospective analysis of infant deaths found a twofold increase of accidental suffocation or strangulation when infants were sleeping on a sofa compared to other locations likely due to the fact that the infant was sharing the area with another person (Rechtman, Colvin, Blair, et al, 2014). Studies correlated higher incidences of SIDS and infant co-sleeping with maternal smoking, co-sleeping with multiple family members, sleeping on a couch, use of a pillow in the infant's bed, soft bedding, and unintentional asphyxiation resulting from adult intoxication (overlaying) (American Academy of Pediatrics, Task Force on Sudden Infant Death Syndrome, 2011; Blair, Sidebotham, Pease, et al, 2014; Li, Zhang, Zielke, et al, 2009).

Prone sleeping may cause oropharyngeal obstruction or affect thermal balance or arousal state. Rebreathing of carbon dioxide by infants in the prone position is also a possible cause of SIDS. Infants sleeping prone and on soft bedding may not be able to move their heads to the side, thus increasing the risk of suffocation and lethal rebreathing. Thus, the side-lying position is no longer recommended for infants sleeping at home, daycare, or hospitals (unless medically indicated). Most preterm infants being discharged from the hospital should be placed in a supine sleeping position unless special factors predispose them to airway obstruction.

One postulated cause of SIDS has been a **prolonged Q-T interval or other arrhythmias**. Recently cardiac ion channelopathies, which occur as a result of gene mutations and may result in lethal arrhythmias, have been proposed as a possible risk factor for SIDS (Klaver, Versluijs, and Wilders, 2011; Wilders, 2012).

Soft bedding (such as, waterbeds, sheepskins, beanbags, pillows, and quilts) should be avoided for infant sleeping surfaces. Bedding items such as stuffed animals and toys should be removed from the crib while the infant is asleep. Head covering by a blanket has also been found to be a risk factor for SIDS, thus supporting the recommendation to avoid extra bed linens and other items (Mitchell, Thompson, Becroft, et al, 2008). Crib bumper pads have not been shown to reduce infant injury and should therefore be avoided (American Academy of Pediatrics, Task Force on Sudden Infant Death Syndrome, 2011).

In a recent retrospective study of SIDS deaths, Ostfield, Esposito,