

Clark County Combined Health District

www.ccchd.com health@ccchd.com

Main Office

529 East Home Road Springfield, OH 45503 Phone: (937) 390-5600 (937) 390-5625

Early Childhood

2685 East High Street Springfield, OH 45505 Phone: (937) 322-2099 (937) 322-4189 Fax:

WIC

2685 East High Street Springfield, OH 45505 Phone: (937) 325-0464 Fax: (937) 325-9548

New Carlisle: (937) 845-2349

HEALTH ALERT: Dangers of Prone (Stomach) Sleeping for Infants 9/10/2025

Recent Increase in Infant Deaths from Unsafe Sleep Practices

We are seeing a concerning trend in cases of Sudden Unexpected Infant Deaths (SUID) in our region. Many of these tragic deaths involve infants who were placed to sleep in the prone (stomach-down) position — a known risk factor for SUID.

Alarmingly, in multiple cases, parents reported they were advised by someone in the healthcare field to place their baby on their stomach to sleep, often due to concerns about acid reflux (GERD).

Prone Sleeping Is Dangerous — Even for Reflux

According to the American Academy of Pediatrics (AAP) and pediatric sleep experts:

- Prone sleeping significantly increases the risk of SIDS and suffocation.
- Infants should always be placed to sleep on their backs even those with reflux.
- Back-sleeping is safer and does not increase the risk of aspiration in healthy infants, including those with GERD.

There are no safe exceptions unless under the direction of a pediatric subspecialist and in a monitored medical setting.



To All Healthcare Providers:

Please be reminded:

- Do not recommend prone sleeping as a management strategy for reflux or colic.
- No Inclined Sleepers Devices marketed to help reflux are often unsafe and not approved for infant sleep.
- Follow AAP guidelines and educate families on safe sleep at every visit.
- Be aware that **medical misinformation** even from trusted sources can have fatal consequences.

Learn More:

- HealthyChildren.org Safe Sleep
- AAP Safe Sleep Policy Statement (2022)

For questions or training on safe sleep practices, contact your local health department or pediatric association.

If you are receiving this health message via fax, please visit the CCCHD website (http://ccchd.com/?page_id=870) or follow the QR code below to view a digital copy with clickable links. If you wish to receive health alerts electronically in the future, please contact asauter@ccchd.com.

Message Details

Title: Dangers of Prone (Stomach) Sleeping for Infants

Date: 9/10/25

To: Pediatrics, Family Medicine, Birthing Center

