

What Pharmacists Need to Know About Safe Sleep

Every 5 days in Kentucky, another infant dies in an unsafe sleep environment. Unexpected death in sleep is the major cause of death for infants from 1 month to 1 year of age. In Kentucky, over half of these deaths are associated with the baby sleeping with a sleeping adult. This is very dangerous, and if the adult is using psychoactive drugs, the risks of infant death are elevated 15-18 times higher than if they are not.

Help us Reduce SIDS (Sudden Infant Death Syndrome)

As a pharmacist, you see persons every day who are taking psychoactive medications including opioids and other pain medications, benzodiazepines, SSRI's and others. Taking these medications can impair a parent or caregivers judgment and make it more likely that they will put a baby in bed with them to sleep. Kentucky has already seen several infant deaths from overlay and suffocation because of bed-sharing with an impaired caregiver. These deaths could have been prevented if the parent or caregiver had followed the ABC's of safe sleep. Especially for those caregivers who are on psychoactive medications, following the ABC's will help keep the babies in a safe sleep environment and reduce the risk of SIDS.



ALONE

Stay Close,
Sleep Apart



BACK

On their Back for
Nights and Naps



CRIB

Clean, Clear Crib



DANGER

Be Aware, Not
Impaired

The Kentucky Department for Public Health would like to ask for you to partner with us in spreading the message about the importance of safe sleep by providing Safe Sleep information at your pharmacy, and attaching a message to prescription bags for pain medications and other psychoactive drugs. A downloadable handout to attach to the prescription bags is available on our web site: www.safesleepky.org under the "Need to Know - Professionals" tab

- ◇ There is also a free continuing education module for pharmacists available on the web site or at www.nichd.nih.gov/cbt/sids/pharmacistcourse/Welcome.aspx

For more information and other free patient materials on Safe Sleep, visit our website at www.SafeSleepky.org or the national Safe to Sleep Campaign at safetosleep.nichd.nih.gov