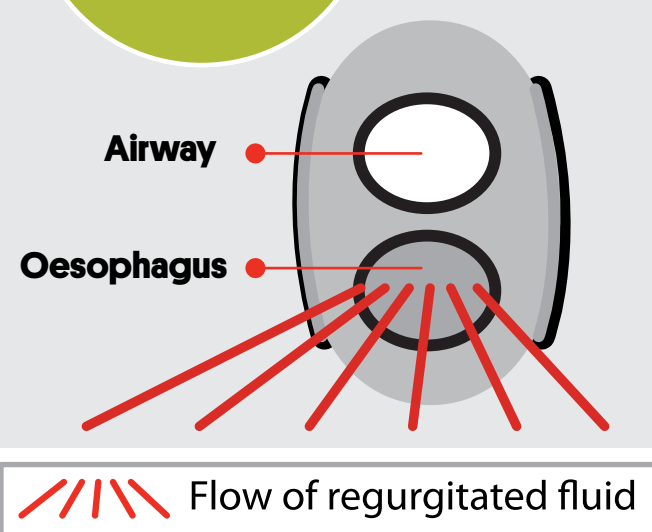


# supine is safest

There is overwhelming evidence that the supine position is safest for babies



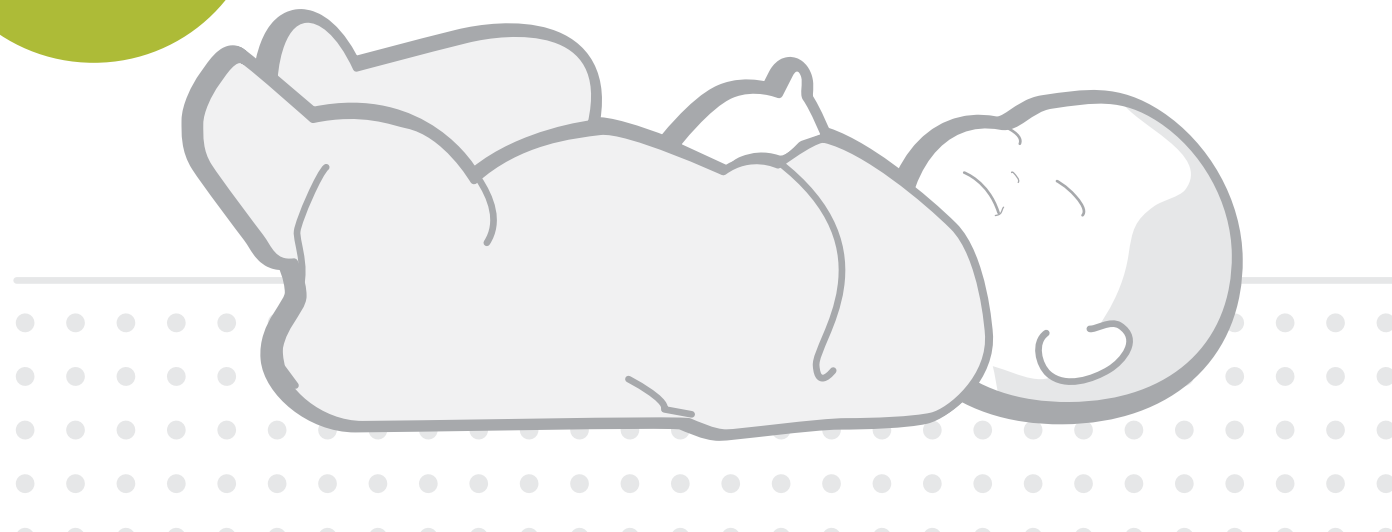
## Supine (back) position



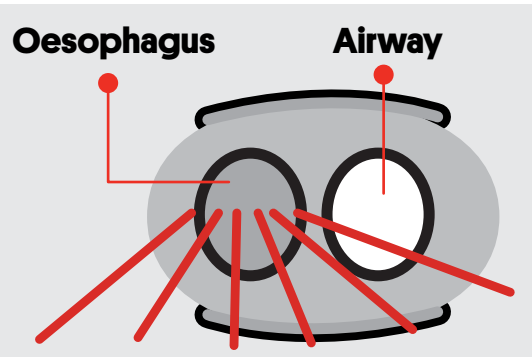
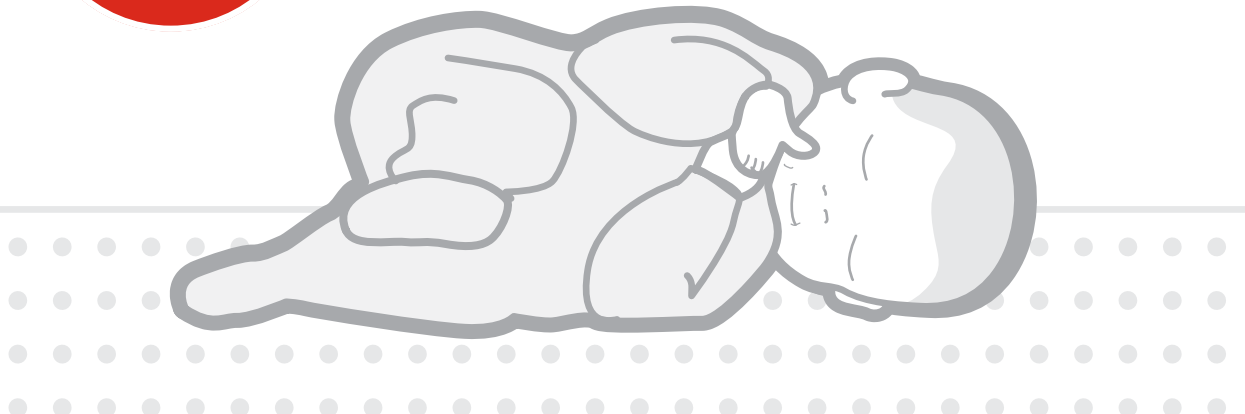
- Babies protect their airway by swallowing<sup>1,2</sup>
- In the supine position, swallowing and arousal reflexes allow the baby to clear and protect their own airway<sup>1,2</sup>
- When a baby is on their back, the upper respiratory airways are positioned above the oesophagus. Regurgitated milk (orange lines) is easily swallowed and aspiration of fluid into the airways is less likely to occur<sup>1-2</sup>
- The risk of oesophageal reflux, aspiration and choking is reduced when babies are placed on their backs to sleep<sup>3,4</sup>



## Supine (back) position



## Side position

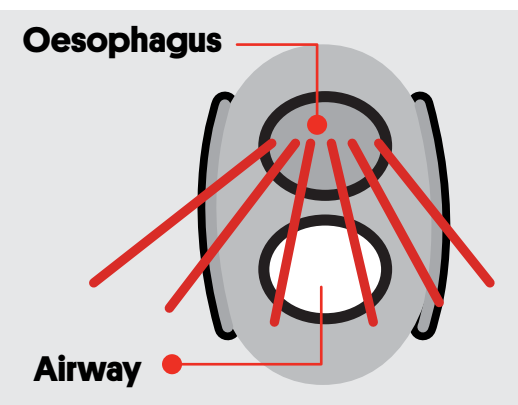


- The side position is less safe than the supine position and is not recommended<sup>5-8</sup>
- The risk of sudden infant death for side-sleeping babies is between 2 to 4 times higher than for babies who sleep on their back<sup>5,6</sup>

- Babies who are placed on their side have a greater possibility of rolling prone during sleep<sup>5-8</sup>
- Rolls and devices intended to keep babies on their side do not stop infants rolling prone and are not recommended<sup>6-8</sup>



## Prone (tummy) position



- The risk of sudden infant death for prone sleeping babies is approx. 7 times higher than for babies who sleep on their back<sup>8</sup>
- Prone positioning during sleep reduces a baby's physiological control relating to respiratory, cardiovascular and autonomic control mechanisms<sup>4,5</sup>

- Even healthy babies are less likely to arouse during regurgitation or positing of milk and will swallow less frequently when placed prone which significantly reduces airway protective mechanisms<sup>1,2</sup>
- When a baby is placed prone, the oesophagus is anatomically higher than the airway and in very close proximity to the laryngeal opening, increasing the risk of aspiration<sup>1,2</sup>
- Viral infections and certain drugs, particularly sedatives, can compound the effect of being prone<sup>1,2,5,8</sup>

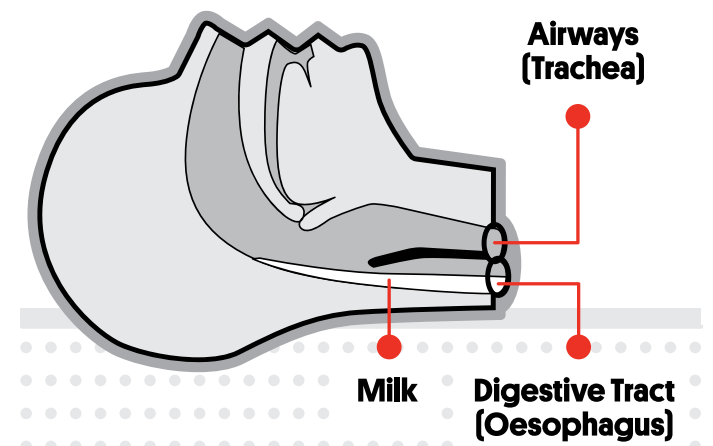
## Back is best for sleep

There is clear anatomical, physiological, and epidemiological evidence to support placing an infant on their back to sleep, from birth.<sup>1-8</sup>

The supine position provides airway protection. Airway protection is significantly reduced in the prone position.

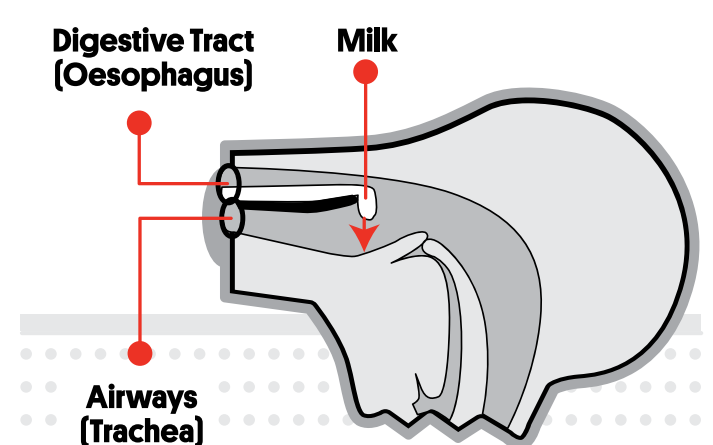
Healthy infants can and do protect their airways when placed supine. Babies are not at increased risk of choking, provided that swallowing and arousal are intact (normal).<sup>1,2</sup>

### Supine (on back)



In the SUPINE position, regurgitated milk is less likely to enter the Trachea.

### Prone (on tummy)



In the PRONE position, regurgitated milk can more easily enter the Trachea.

