

# SIDS by Baby's Age

**Sudden infant death syndrome (SIDS) is the leading cause of death** in infants between 1 month and 1 year of age. SIDS is also the third-leading cause of death for infants up to 1 year of age.

More than **90% of SIDS deaths** occur before babies reach **6 months** of age.

## Age by Month



Even though SIDS can occur anytime during a baby's first year, **most SIDS deaths** occur in babies between **1 and 4 months** of age.

SIDS is less common after 8 months of age, but parents and caregivers should continue to follow safe-sleep practices to reduce the risk of SIDS and other sleep-related causes of infant death until baby's first birthday.



**72%**  
of SIDS deaths occur in  
**Months 1-4**

Source: Technical Report of the American Academy of Pediatrics Task Force on Sudden Infant Death Syndrome

### To reduce the risk of SIDS and other sleep-related causes of infant death:

- ▶ Always place baby on his or her back to sleep for all sleep times, including naps.
- ▶ Room share—keep baby's sleep area in the *same* room next to where you sleep.
- ▶ Use a firm sleep surface, free from soft objects, toys, blankets, and crib bumpers.



Learn more about ways to reduce the risk of SIDS and other sleep-related causes of infant death at <http://safetosleep.nichd.nih.gov>



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