

Safe Sleep

Iowa joined the PRAMS project in 2011 and began data collection in February of 2013. From 2013 to 2018, 11,942 Iowa mothers were asked to provide information on their experiences and behaviors before, during and after pregnancy. While the overall response rate for Iowa PRAMS consistently met or exceeded that set by CDC for inclusion in the national PRAMS data set, this was not the case in 2018 where Iowa had a 51% response rate (slightly short of the required 55% response rate). **Since the threshold was not met, the 2018 data is more susceptible to non-response bias than previous years of Iowa PRAMS data, however the results still provide a meaningful picture of maternal health behaviors for 2018.**

Why Care About Safe Sleep?

Following safe sleep guidelines can lower the risk of Sudden Infant Death Syndrome (SIDS), the leading cause of death for infants in the United States.

Infant death can be significantly altered by following safe sleep guidelines:

- (1) Place baby on their back;
- (2) Use a firm surface, such as a mattress in a safety-approved crib;
- (3) Keep soft bedding such as blankets, pillows, bumper pads, and soft toys out of baby's sleep area; and
- (4) Have baby share a room, not your bed.¹

In 2018:

 **83%** of mothers most often lay their new baby to sleep on their back.

 **83%** of mothers always or often lay their new baby to sleep in their baby's own crib or bed.

 **65%** of mothers lay their new baby to sleep in their baby's crib or bed in the same room where they sleep.

 **43%** of mothers follow all four safe sleep guidelines, 84% follow at least three of these.

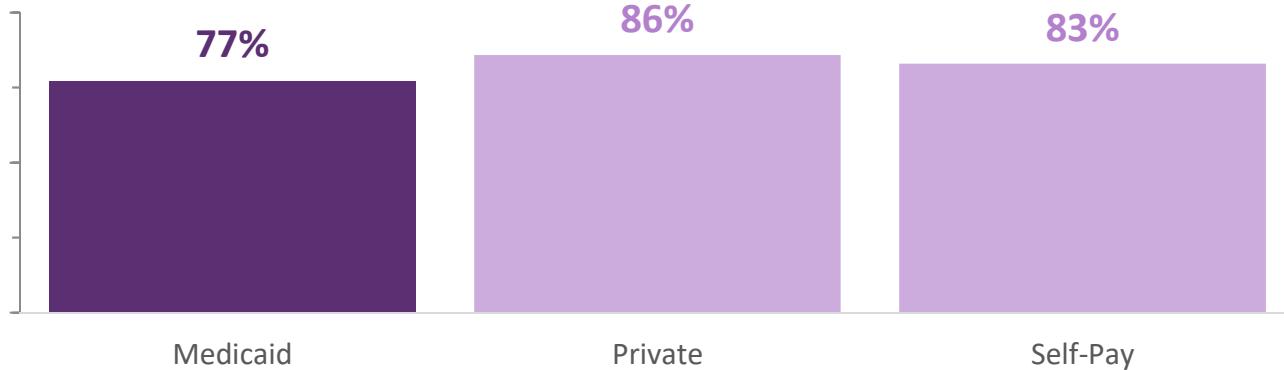
Find more data on safe sleep and other topics in our [2018 PRAMS Data Book](#).

¹Centers for Disease Control and Prevention, Safe Sleep for Babies, January, 9, 2018.

Back to Sleep *Breakdown*

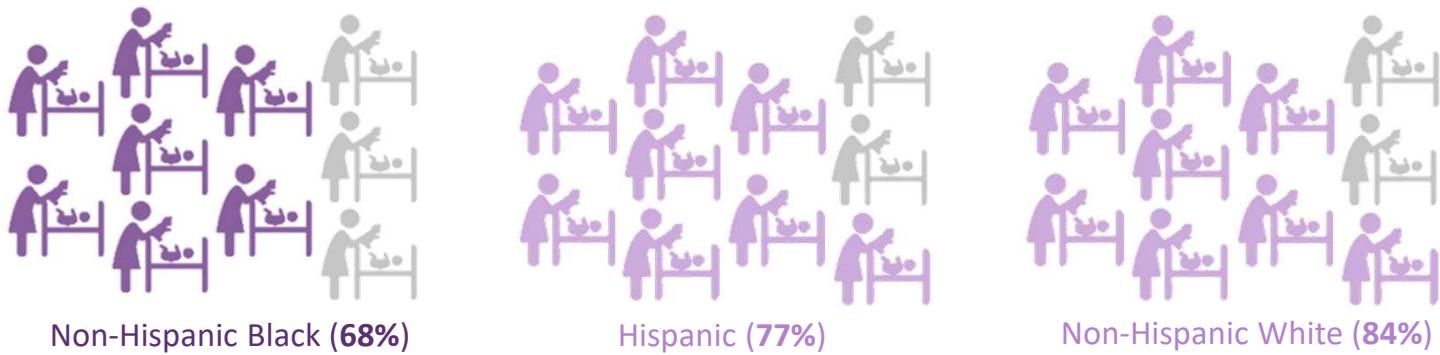
Payment Method

Mothers with Medicaid health insurance during pregnancy are least likely to place their baby on their back to sleep.



Race and Ethnicity

Seven out of 10 mothers identifying as non-Hispanic black report placing their baby on their back to sleep.



Age

Mothers younger than 25 years are least likely to place their baby on their back to sleep.

