

Background:

There has been a rise in the prevalence of Sudden and Unexpected Death (SUDI) of Infant over the past few years. 1 death every 7.5 days (2022 – 2023).

Increase linked to:
 Substance Use and Bed sharing
 Increase in sofa/chair sharing
 Increase in general bed sharing prevalence

Risk Factors for SUDI

Intrinsic:

Male gender,
 Low birth weight,
 Prematurity,
 Twins/multiples,
 Winter months,
 Maternal age <20,
 High parity,
 Short inter pregnancy interval

Modifiable:

Poverty & deprivation,
 Sleep place,
 Sleep position,
 Pre and post natal smoking,
 Alcohol and drugs (illicit and prescribed),
 Feeding intention interval

Resources

[A Baby's Guide to Safe Sleep - Safe Sleep Scotland](#)

[Back to Basics, Back to Baby - Safe Sleep Scotland](#)

[Easy-Read-Leaflet-2022.pdf \(safesleepscotland.org\)](#)

Canabis and SUDI risk:

Drugs (including Cannabis) and co-sleeping risk is 54 times higher for SUDI (Blair et al 2009)

Use of any illicit substance including Cannabis risk is 11 times higher even when room sharing.

Risk of substance use and bed sharing is 'inestimably large' (Carpenter et al 2013)

Post natal alcohol use

There is an increased likelihood of SUDI where a mother has consumed >2 units alcohol and bedshares:

2 weeks of age, the risk is 90 times higher than control group
 10 weeks of age, the risk is 40 times higher than control group
 20 weeks of age, the risk is 14 times higher than control group (Carpenter et al 2013)

Alcohol and SUDI risk:

For Mothers with diagnosed alcohol disorder who continue to drink during pregnancy, the risk for SUDI is 4 fold (O'Leary et al 2-13)
 Binge drinking in pregnancy >5 drinks at one time significantly increase risk of neonatal death including SIDS
 Mothers who have 3 binge drinking episodes during pregnancy risk 2 fold increase of SUDI (Strandberg-Larson et al 2009)

What research tells us....

Substance Use and SUDI risk:

- There is an inter-relationship between smoking, alcohol and the use of illicit substances
- Alcohol and substance use tend to lead to chaotic lifestyles and may impact on decision making and infant care practices.

