

A MICHIGAN BABY DIES EVERY 2 - 3 DAYS DUE TO SLEEP-RELATED CAUSES.

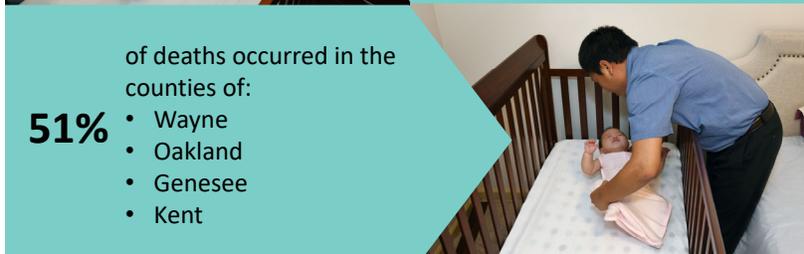
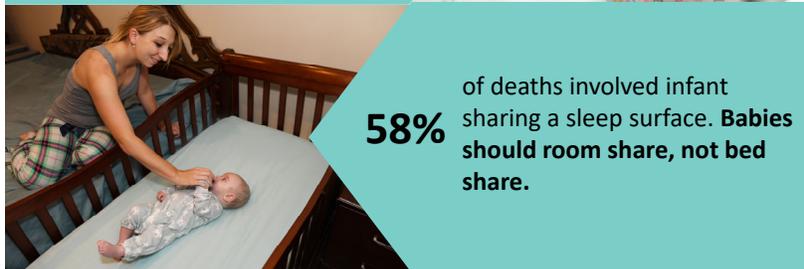
Most sleep-related deaths are preventable and are the leading cause of death among infants 1 month to 1 year of age. If all sleep-related deaths were prevented, Michigan's infant mortality rate for 2019 would have decreased by 20%, saving 149 babies.

1,436 babies died due to sleep-related causes from 2010-2019.

Sleep-related infant deaths are those where the sleep environment (blankets, pillows, people, pets, etc.) likely contributed.

Disparities exist:

- Black infants are **3.8 times** more likely to die than white infants.
- Preterm infants are **2.5 times** more likely to die than full term infants.
- Low birth weight (weighing less than 5.5 pounds) infants are **2.9 times** more likely to die than infants weighing 5.5 pounds or more.



In addition to practicing safe sleep, breastfeeding and keeping baby in a smoke free environment could significantly reduce sleep-related deaths.

Racial and ethnic disparities are primarily the result of the impacts of systemic racism. The following have been shown to be protective for families:

- Breastfeeding
- Health care coverage
- Home visiting programs
- Living wage
- Paid parental leave
- Parental support system
- Safe, affordable housing
- Safe sleep environment

To learn more, visit Michigan.gov/SafeSleep.