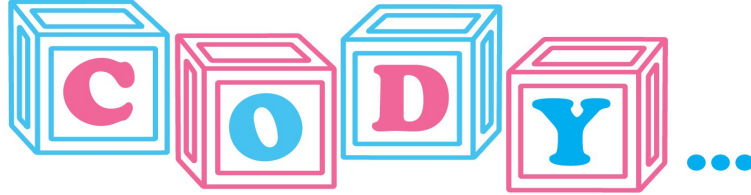




Because of



Rebreathing Carbon Dioxide and SIDS

All humans exhale carbon dioxide or “bad air.” If a baby is sleeping on their tummy or there is soft, fluffy or loose bedding or objects in their sleep area, carbon dioxide can pool around their head and face. So instead of breathing fresh air, the baby breathes the “bad air.” For a baby who is normal & healthy, this would not cause a problem. Their brain alerts them that they are breathing too much carbon dioxide & they would cough, cry or turn their head to help get them fresh air. A vulnerable baby’s (one that is predisposed to SIDS) brain does not alert them that they are breathing too much carbon dioxide, so they continue to breathe that bad air, which can ultimately cause them to die suddenly and unexpectedly. This same theory holds true in regards to overheating. A healthy baby’s brain alerts them that they are becoming overheated and attempts to correct it. A vulnerable baby’s brain does not alert them, therefore nothing is done to correct this situation.

This reinforces the importance of a baby being put to sleep on their back in a crib that has no loose or fluffy items in it. Not only is the risk of rebreathing carbon dioxide decreased, but babies are less likely to overheat.