

Aeroflow Breastpumps

Sleep Devices to Avoid

Frequent night wakings, as with breastfeeding, have been shown to be protective against SIDS (sudden infant death syndrome). Any device used with the purpose of extending baby's sleep beyond what is biologically normal and appropriate can increase baby's risk of SIDS.¹

Snoo^{2,3,4}

- Can negatively impact breastfeeding
 - Extending your baby's sleep period beyond what is biologically normal results in less feedings and can reduce milk supply. Reduced milk intake can also lead to weight gain problems for your baby.
 - Biologically normal night wakings are protective against SIDS.
- Can negatively impact bonding
 - When your baby cries and is looking for a caregiver to meet his or her needs, the Snoo rocks, jostles, and plays white noise as a replacement for caregiver interaction.
- Promotes head shape issues (plagiocephaly)
 - Baby is harnessed to the sleep surface while caregiver intervention is replaced with mechanical intervention. This extends the amount of time your baby's head is lying against a flat surface.
- Prevents rolling
 - Unlike traditional swaddles or sleep sacks, the Snoo swaddle is attached to the sleep surface. This can contribute to delays in the development of other gross motor skills.
 - The AAP advises against restricting rolling. The [CPSC](#) and [FDA](#) also both warn against the use of sleep positioners of any kind.

Weighted Swaddles/Blankets⁵

- Restricts chest expansion
 - Extra weight on your baby's chest can make it hard for them to breathe.
- Encourages deep sleep that may be dangerous

- Weighted swaddles and blankets are meant to replace caregiver touch in order to extend baby's sleep periods beyond what is biologically normal. This can disrupt your baby's natural, protective night waking behavior.
- Restricts infant movement
 - Restriction and extra weight can prevent infants from getting out of dangerous sleep positions.

Sound Machines Near Baby^{6,7}

- Can damage baby's hearing
 - Sound machines need to be at least 7 feet away from your baby on the lowest setting.

Baby Merlin's Magic Sleep Suit⁸

- Restricts natural movement of arms, shoulders, pelvis, and legs.
 - Sleep suits can prevent babies from getting out of dangerous sleep positions.
- Could contribute to overheating
 - Safe sleep recommendations include dressing your baby lightly to prevent overheating.

Inclined Sleepers³

- Can cause dangerous chin-to-chest positioning
 - The [CPSC](#) says that sleep products that incline more than 10 degrees are not safe. Inclined sleepers allow babies to sleep at a 30-degree angle.
 - Swings, rockers, and bouncers have inclined surfaces that are not safe for infant sleep.
 - Chin-to-chest positioning can restrict an infant's airway
- Pose a fall or entrapment risk
 - Safety harnesses can pose an entrapment risk or may not be adequate to prevent an infant from falling out of the device when used for sleep.
 - These devices should always be used with supervision and never for sleep.
- The [CPSC](#) has recorded at least 97 infant deaths due to inclined sleepers.

Baby Nests, Pods, or Docks³

- Increased risk of suffocation
 - Soft surfaces are not recommended for sleep due to suffocation risks.
- Dangerous advertising

- Advertisements for baby nests, pods, or docks often feature pictures of infants sleeping and only warn parents about the dangers in fine print that is not easily visible.

What If I Have Questions?

If you are interested in learning more, these Aeroflow classes expand on some of the topics discussed above:

- Babycare for the Breastfed Baby
- Sleep for the Breastfed Baby

To register for these classes (this class), log into your portal or click [here](#).

Want More Info?

For a directory of Aeroflow's other Care Guides offering information on pregnancy, baby care, and more, browse our comprehensive list of titles:

<https://www.hersourcehealth.com/aeroflow-care-guides/>

References:

1. [Frontiers | Bedsharing may partially explain the reduced risk of sleep-related death in breastfed infants \(frontiersin.org\)](#)
2. <https://carolinakinderdevelopment.com/five-reasons-not-to-purchase-a-snoo-from-a-group-of-pediatric-occupational-and-physical-therapists/>
3. <https://onsafety.cpsc.gov/blog/2010/09/29/sleep-positioners-a-suffocation-risk/>
4. <https://www.fda.gov/consumers/consumer-updates/do-not-use-infant-sleep-positioners-due-risk-suffocation>
5. <https://healthychildren.org/English/ages-stages/baby/diapers-clothing/Pages/Swaddling-Is-it-Safe.aspx>
6. <https://publications.aap.org/pediatrics/article-abstract/133/4/677/32749/Infant-Sleep-Machines-and-Hazardous-Sound-Pressure?redirectedFrom=fulltext>
7. <https://publications.aap.org/pediatrics/article/152/5/e2023063752/194468/Preventing-Excessive-Noise-Exposure-in-Infants?autologincheck=redirected>
8. <https://www.aap.org/en/patient-care/safe-sleep/>