

Safe Sleep Definitions and Terminology

Term	Definition
Co-sleeping	<p>When parent and infant sleep in close proximity (on the same OR different surfaces) so as to be able to see, hear, and/or touch each other. Co-sleeping arrangements can include bed-sharing or sleeping in the same room in close proximity.</p> <p><i>NOTE: It is important to make clear when used whether this term refers to sleeping in close proximity (which does not necessarily entail bed-sharing) or bed-sharing.</i></p>
Bed-sharing	<p>Refers to a specific type of co-sleeping when the infant is sleeping on same surface with another person. The surface can include a bed, sofa or chair.</p> <p><i>NOTE: Because the term Co-sleeping can be misconstrued and does not precisely describe sleep arrangements, the AAP recommends the use of the terms bed-sharing and room-sharing (when the infant sleeps in the parents’ room but on a separate sleep surface [crib or similar surface] close to the parents’ bed).</i></p>
Room-sharing	<p>When an infant sleeps in the parents’ room but on a separate sleep surface.</p>
Soft-bedding	<p>Includes the following: soft mattresses, pillows, blankets, comforters, quilts, other loose bedding such as non-fitted sheets, sheepskins, bumper pads, stuffed toys, infant positioner.</p>
Sudden Unexpected Infant Death (SUID)	<p>Any sudden and unexpected death, whether explained or unexplained (including sudden infant death syndrome [SIDS] and ill-defined deaths), occurring during infancy.</p>
Sudden Infant Death Syndrome (SIDS)	<p>A sub-category of SUID and is a cause assigned to infant deaths that cannot be explained after a thorough case investigation including autopsy, a scene investigation, and review of clinical history.</p> <p><i>NOTE: The distinction between SIDS and other SUIDs, particularly those that occur during an unobserved sleep period (i.e., sleep-related infant deaths), such as unintentional suffocation, is challenging, cannot be determined by autopsy alone, and may remain unresolved after a full case investigation.</i></p>

Source: Moon, R. Y. and AAP Task Force on Sudden Infant Death. SIDS and Other Sleep-Related Infant Deaths: Evidence Base for 2016 Updated Recommendations for a Safe Infant Sleeping Environment. Pediatrics. 2016;138(5): e20162940.