

# Yale University

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**Testimony by Eve R. Colson, MD, MHPE In Support of  
Proposed Bill No. 258, An Act Concerning Infant Safe Sleep Practices**

Public Health Committee  
February 20, 2015  
Submitted by Eve R. Colson, MD, MHPE

Senator Gerratana, Representative Ritter,

I am a professor of Pediatrics on the faculty at Yale School of Medicine and a long-time, National Institute of Health Researcher with a focus on safe infant sleep practices. In addition, I was the medical director of the well newborn nursery at Yale-New Haven Hospital for many years. Through our research, which has been published in well-respected pediatric journals, our group learned that many families still do not follow recommended guidance from the American Academy of Pediatrics about how to keep their babies safe during sleep. We continue to see infants die needlessly each year in Connecticut and around the country because their caregivers have chosen unsafe sleep practices. Infants die in beds from suffocation and strangulation. They die suddenly and unexpectedly in their cribs when placed in the prone position. What we have also learned is that what healthcare providers say and do changes behavior. Our research has shown a strong association between what parents are told in the hospital regarding safe infant sleep and what they choose to do at home. If healthcare providers consistently provide the AAP safe sleep recommendations to families, there is no doubt that we will save lives

For these reasons, I strongly and wholeheartedly support the Proposed Bill No. 258 which will *“require hospitals to provide informational materials regarding recommended safe sleep practices for infants, including American Academy of Pediatrics recommendations concerning safe sleep practices, to parents after the birth of a child at the hospital.”*

I would be happy to answer any questions. Please feel free to call or email me.

Respectfully submitted,



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