

**Diaphragm fatigue and cramp are thought to be central in SIDS and can be prevented:**

- No baby naps on a couch or on your chest (avoids rebreathing exhaled gases, overheating and an increased diaphragm workload)
- Ensure baby sleeps supine, on their back (reduces diaphragm workload, avoids rebreathing)
- Avoid over-bundling and polar fleece fabrics (overheating & dehydration occur, possibly increasing arousal threshold)
- Give lots of fluids before all sleeps, especially if baby has night sweats, has a cold/congestion, or is fussy
- Ensure bedroom is *gently* ventilated with a fan and slightly open window if possible (prevents rebreathing of pooled gases)
- No smoking in household (nicotine reduces diaphragm cramp threshold), especially if the infant sleeps upstairs (smoke rises)
- Pacifiers and thumb-sucking are SIDS-preventative, so should be encouraged (reduces diaphragm workload)
- For fever (or after-vaccination discomfort), give ibuprofen alternated every 4-6 h with Tylenol at full doses (reduces diaphragm inflammation, overheating and fluid & electrolyte losses from sweating)
- Treat asthma & bronchospasm as directed by your MD. Give puffer before sleeps
- Avoid startling baby with loud noises, arguments or anything that causes household stress, even disrupted routines. ([Southall 1990](#) showed that hypoxemic episodes occurred more often when infants were stressed, likely caused by diaphragm spasms)
- Excessive hiccups, colic or sweats may be a sign of diaphragm fatigue (hiccups are caused by diaphragm spasms). See MD, especially if baby has recently been ill or received vaccinations (e.g. RSV bronchiolitis). Fortunately, only rarely does fatigue progress to “respiratory distress” (grunting, wheezing, rapid/shallow breaths) and “apneas” (breathing pauses).
- Signs of worsening respiratory fatigue include rib retractions (sucking in) and paradoxical breathing. The latter describes when the abdomen moves up and in with each breath instead of bulging down and out. Although subtle rib retractions can be normal, if they are new or associated with paradoxical breathing, hiccups or sweats, see MD immediately



*To learn more about this emerging medical breakthrough in SIDS, involving diaphragm cramp-contracture, see <https://tinyurl.com/dccinSIDS>. To help promote this work and support publication costs, please see <https://gofund.me/9e56e291>.*

*This new information is the culmination of over 2 years' full-time research by a licensed, practicing medical doctor.*