

[Get Access](#)[Share](#)[Export](#)

Journal of the National Medical Association

Volume 102, Issue 10, October 2010, Pages 881-889

Original Communication

Where Should My Baby Sleep: A Qualitative Study of African American Infant Sleep Location Decisions

Brandi L. Joyner BS¹ ... Rachel Y. Moon MD^{1,2}

[Show more](#)

[https://doi.org/10.1016/S0027-9684\(15\)30706-9](https://doi.org/10.1016/S0027-9684(15)30706-9)

[Get rights and content](#)

Abstract

Background

African American infants are at higher risk for sudden infant death syndrome (SIDS) and accidental suffocation than other infants and are up to 4 times more likely to bedshare with their parents.

Objective

To investigate, using qualitative methods, factors influencing African American parents' decisions regarding infant sleep location (room location and sleep surface).

Methods

Eighty-three mothers participated in focus groups or individual interviews. Questions probed reasons for infant sleep location decisions and influences on decision making.

Results

Most of the mothers in this study slept in the same room as their infant. Reasons for roomsharing included space, convenience, and safety. Mothers largely decided on infant sleep surface because of space for/availability of crib, comfort, convenience, and safety. Both roomsharing and bedsharing were often chosen to make feeding and checking on the infant more convenient. Mothers who chose not to bedshare cited privacy, concern that the infant would become attached to the parents' bed, and fears about suffocation. Mothers who chose to bedshare often cited the ability to maintain vigilance while asleep. Low-income mothers also used bedsharing as a defense against environmental dangers.

Conclusion

African American mothers in this study viewed both roomsharing and bedsharing as strategies to keep their infants safe. Efforts to encourage roomsharing without bed-sharing must address parental concerns about space for/ availability of a crib, convenience, infant and parent comfort, and infant safety.

[Previous](#)[Next](#)

Keywords

infant health; African Americans; racial disparities

Funding/Support: This study was supported by National Institutes of Health grants MD000165-03 and K24RR23681-01A1, and Agency for Healthcare Research and Quality grant 1RO3HS016892-01A1.

Role of the Sponsor: The funding was used for design and conduct of the study; collection, management, analysis, and interpretation of the data; and manuscript preparation. All of the authors declare no potential conflicts of interest.

Author Contribution: Dr Moon had full access to all of the data in the study and takes responsibility for the integrity of the data and the accuracy of the data analysis.

Copyright © 2010 National Medical Association. Published by Elsevier Inc. All rights reserved.

ELSEVIER

[About ScienceDirect](#) [Remote access](#) [Shopping cart](#) [Contact and support](#) [Terms and conditions](#) [Privacy policy](#)

We use cookies to help provide and enhance our service and tailor content and ads. By continuing you agree to the [use of cookies](#).

Copyright © 2018 Elsevier B.V. or its licensors or contributors. ScienceDirect® is a registered trademark of Elsevier B.V.

 **RELX Group™**