

**Hospital-wide Safe Sleep Training Post Test**

**Questions to be added to the electronic learning system. If any issues are encountered regarding format (select all that apply, true/false) please reformat to work with your system. Pass with 80% score.**

1. What is the leading cause of infant death before the age of 1?
	1. Cancer
	2. **SUID related to unsafe sleep**
	3. Poison
	4. Gunshot
2. At what age are infants most at risk for death related to unsafe sleep?
	1. 1 month- 1 year
	2. 6 month- 1 year
	3. **1- 4 months**
3. When babies begin to roll over and rolls onto their stomach during sleep, what should you do?
	1. Flip them back over.
	2. Start using blankets and pillows
	3. **Nothing, but continue to place on their backs to start every sleep**.
4. What is the most dangerous sleeping surface for baby?
	1. Adult Bed
	2. **Couch**
	3. Laundry basket
5. What strategies can caregivers use to stay awake while breastfeeding or comforting baby, select all that apply:
	1. Watch TV or stream
	2. Read books or tablet
	3. Scroll social media
	4. Set an alarm
	5. **All of the above**
6. What item does not have to be removed from the crib?
	1. Diapers & wipes
	2. **Pacifier**
	3. Extra blanket, just in case
	4. Favorite stuffed animal
7. When should you stop swaddling a baby?
	1. When they sleep through the night
	2. **When they begin to roll, around 8 weeks**
	3. When they start crawling
8. If an infant has fallen asleep and the pacifier has fallen out, I should replace the pacifier into their mouth. True/False
	1. True
	2. **False**
9. Select the elements that make a safe sleeping environment, select all that apply:
	1. Placed to sleep in a separate room
	2. **On a separate, non-inclined surface**
	3. With their twin sibling
	4. **In a wearable blanket**
	5. Bundled in a hat and blankets
10. What do you do if you witness unsafe sleep in the hospital?
	1. Check if the infant is breathing, if so, carry on.
	2. **Notify the RN caring for the infant immediately**
	3. Place a monitor on the sleeping infant.
	4. Quietly leave the room.