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BACKGROUND AND PURPOSE

We conducted this review of literature to research the evidence-based practice surrounding swaddling infants and its influence on sleeping practices. We chose to research this topic to determine the efficacy and benefit of this traditionally used method of facilitating sleep, one of the most important factors of development. We conducted a systematic literature review to answer the question, “In infants, what are the effects of swaddling on sleeping practices and comfort?” The topic needs to be challenged and questioned so that it can be improved or changed in order to find the best method of providing more comfort and better sleep for infants.

RESULTS OF LITERATURE REVIEW

- “The facilitated tucking position is recommended as an effective and useful method for reducing pain during the procedure” (Aytekin p. 1)
- Education is vital in the prevention of the potential risk of overheating, respiratory distress, and hip dysplasia (Irigoyen et al. p 13)
- The swaddling technique needs to be monitored to ensure that optimal sleep is being promoted. (Irigoyen et al. p 13)
- “Overall swaddled infants were one and a half times as likely to die from SIDS and the risk increased dramatically depending on sleep position . (Irigoyen et al. p 13)

PRACTICE GUIDELINES RECOMMENDATIONS

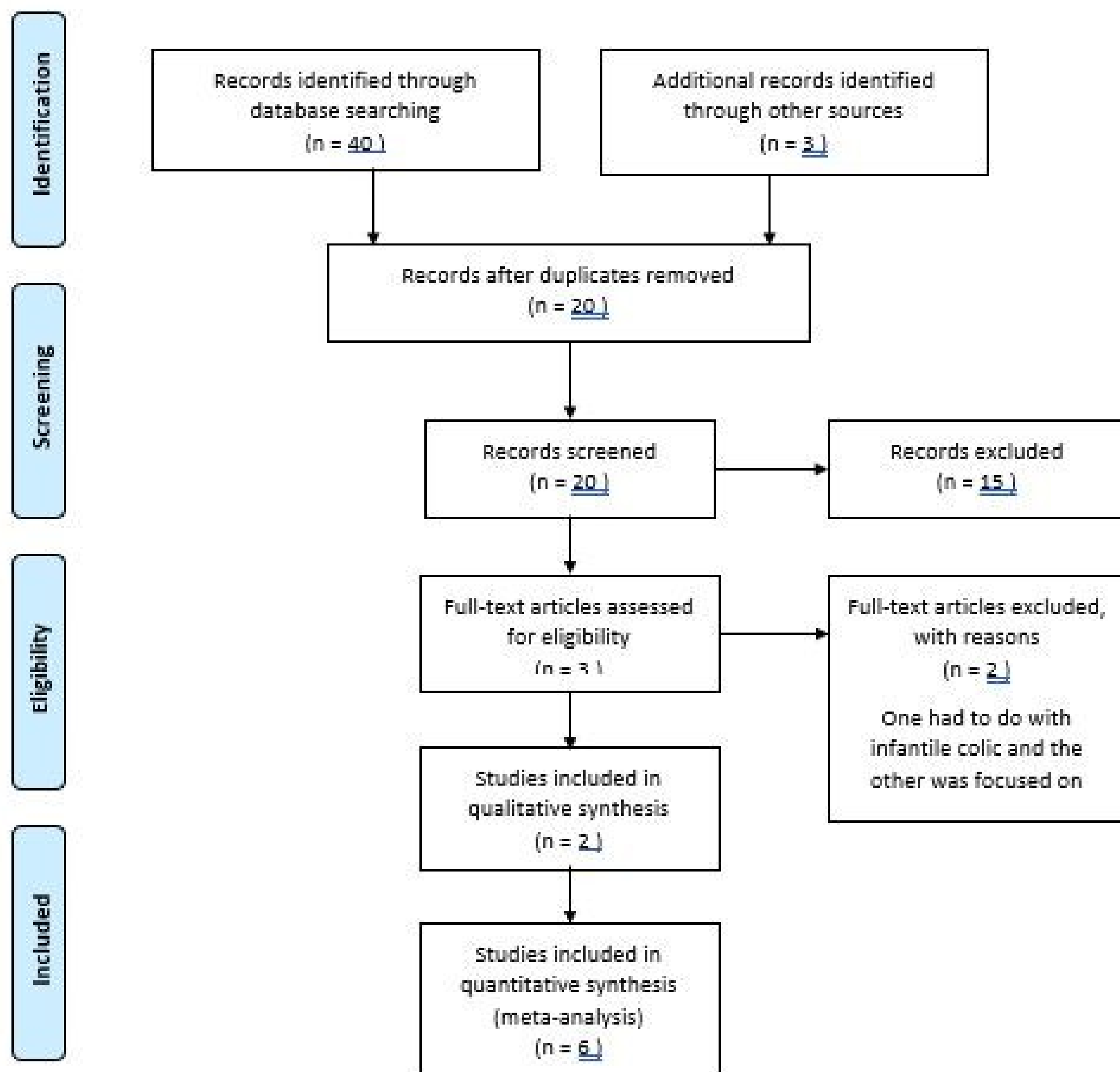
Steps to swaddle:

- Place the blanket flat and fold in one corner to another
- Lay the baby face-up on the blanket, with head above the folded corner.
- Straighten the left arm, wrap the left corner of the blanket over the body and tuck it between the right arm and the right side of the body.
- Then, tuck the right arm down, and fold the right corner of the blanket over the body and under the left side.
- Fold or twist the bottom of the the blanket loosely and tuck it under side one of the baby.
- Make sure the baby’s hips can move and that the blanket is not too tight.



(Cocheno, 2019)

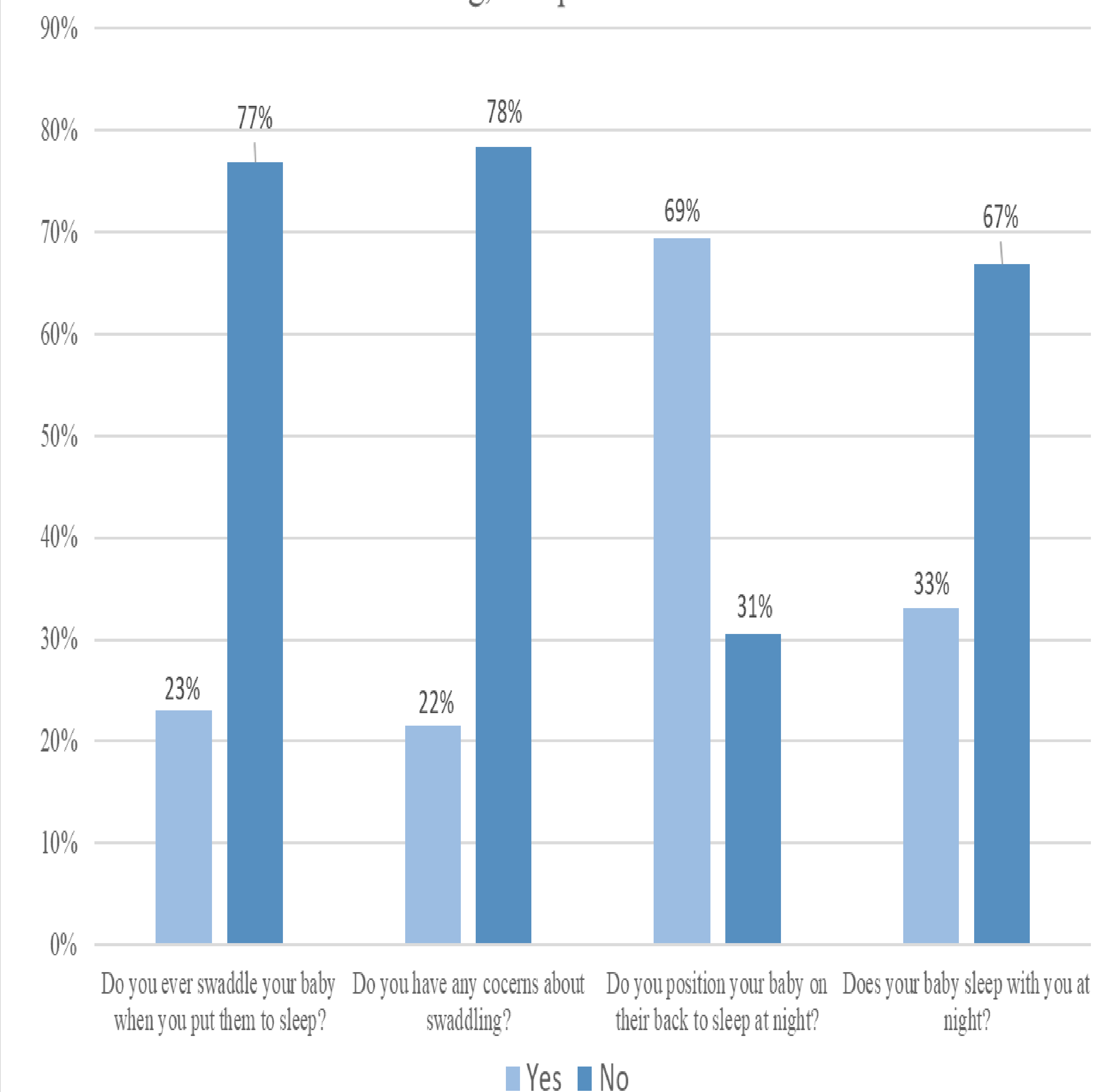
PRISMA FLOW DIAGRAM



REFERENCES

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Infant Swaddling, Sleep Position and Location



Irigoyen et. al, 2016)