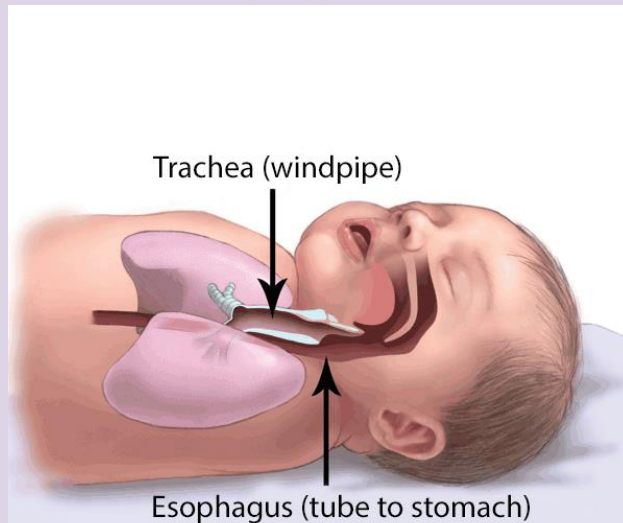
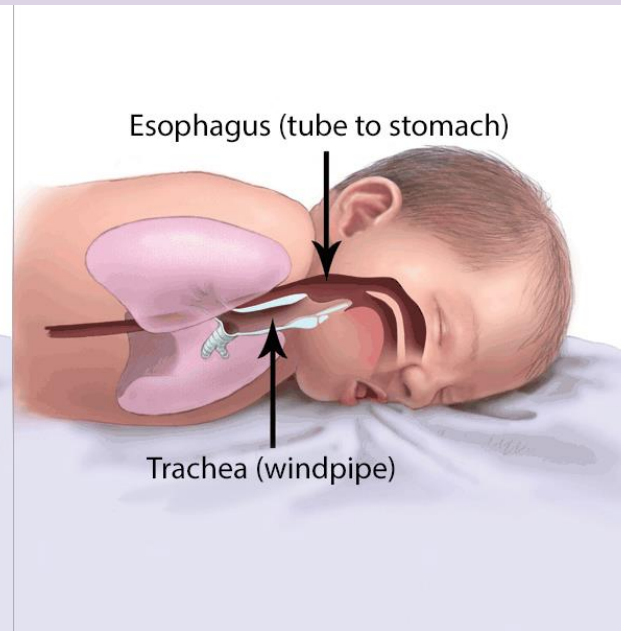


Infant Anatomy When on the Back and on the Stomach

Baby in the back sleeping position



Baby in the stomach sleeping position



Back sleeping does not increase the risk of choking. In fact, babies may be better able to clear fluids when they are on their backs, possibly because of anatomy. When a baby is in the back sleeping position, the trachea lies on top of the esophagus. Anything regurgitated or refluxed from the esophagus must work against gravity to be aspirated into the trachea. When a baby is in the stomach sleeping position, anything regurgitated or refluxed will pool at the opening of the trachea, making it easier for the baby to aspirate or choke.

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