

Supplemental: Interview questions

1. Congratulations on your new baby, (baby's name). Please tell me a little bit about (baby's name).
2. During our conversation today, I am going to ask a lot of questions about how (baby's name) sleeps while at home with you. When I ask about this, I mean where he/she sleeps, in what position he/she sleeps (such as on his/her back, side, or tummy), and what may be around him/her in that sleep space. Do you have any questions about what I mean when I ask about how (baby's name) sleeps?
3. Think back to when you were pregnant. What advice did you receive about how (baby's name) should sleep? [can follow up with "What other advice did you hear about (baby's name)'s sleep when you were pregnant?"]
 - a. Who gave you advice on sleep? [can prompt for family, friends, healthcare workers if they don't have responses]
 - b. If no healthcare provider mentioned, specify, "Did your healthcare provider talk to you about this topic?"
 - c. Optional (if not addressed while answering Q2): When you were pregnant how did you plan for (baby's name) to sleep?
 - i. Who gave you advice on how you should plan to have (baby's name) sleep?
4. Now think about after (baby's name) was born.
 - a. What advice did you receive about how (baby's name) should sleep after you had him/her? [can follow up with "What other advice have you heard since you had (baby's name)?"]
 - i. Who did you hear that from? [can prompt for family, friends, healthcare workers if they don't have responses]
 - ii. If no healthcare provider mentioned, specify, "What information about (baby's name)'s sleeping did you receive from health workers after (baby's name) was born?"
 - b. Where did (baby's name) sleep after he/she was born while at home with you?
 - i. If portable crib is not mentioned, then clarify, "You didn't use the portable crib that was provided?"
 - ii. If portable crib is mentioned, then ask, "If you hadn't received the portable crib, where would your baby have slept?"
 - c. Why did you decide to have him/her sleep that way/there?
5. [Omit if baby less than 4 months old]: How, if at all, have (baby's name)'s sleep practices changed since then?
 - a. When did you make that change?
 - b. What prompted you to make that change?
6. How has (baby's name)'s sleep been over the last ____ months? (Insert baby's age in months)
 - a. How has (baby's name)'s sleeping affected your own sleep?
7. When someone else takes care of (baby's name), do you talk with them about safe sleep?
 - a. What do you tell them?
 - b. Where else does (baby's name) sleep? What is the sleep environment for (baby's name) when sleeping there?

8. Review AAP Safe Sleep Guidelines: When I talk about safe sleep with families, I emphasize the American Academy of Pediatrics' recommendations to always place a baby on his/her back to sleep on a flat, firm mattress without anything other than a fitted sheet in the crib. This means no blankets, bumpers, pillows, stuffed animals, etc. The baby can be swaddled in a light blanket or a sleep sack until two months of age or he/she shows signs of rolling.
 - a. What do you think of these recommendations?
 - b. Lots of families have a hard time implementing these recommendations. Sometimes they have certain cultural beliefs, for example. What has made it difficult to follow these recommendations?
 - i. Can prompt about stress, work schedules, variety of caregivers
 - c. In addition to giving a safe crib, are there other things that health workers can do to help parents practice these recommendations?
 - i. What advice do you have for us?
9. Okay, now I am going to ask you about the free crib that you received. How would you improve the process of receiving the crib?
 - a. Did the type of crib provided (a portable crib) affect whether you used it or not? If so, how?
10. [Skip if interview is conducted by telephone. Record if interview is conducted by video or in person.] Let's take a look at the crib itself in your home, please.
 - a. Complete checklist^A (If not using the provided crib, complete the checklist about wherever the baby has been sleeping.)
 - i. Baby's sleep area is in the same room as where parent(s) sleep.
 - ii. Baby's sleep area is next to where the parent(s) sleep.
 - iii. The baby's sleep area consists of a firm and flat sleep surface, such as a mattress in a safety0approved crib covered by a fitted sheet (not an adult bed, on a couch, or on a char [alone, with parents or with anyone else]).
 - iv. No evidence of smoking around baby (no visible ashtray, cigarettes, etc).
 - v. No pillows, blankets, sheepskins, or crib bumpers anywhere in baby's sleep area.
 - vi. Soft objects, toys, and loose bedding are not in baby's sleep area.
 - b. Is there anything you would change based on our conversation today?
11. Thank you for meeting with me today and for sharing all of this information with me about how (baby's name) sleeps. I have learned a lot! Before I go, is there anything I have forgotten to ask you, or anything else I should know about any of these topics?

^AParents who were conducting the interview over Zoom were invited to show their infant's sleep space, which was then evaluated using a safe sleep checklist developed by the research team and based on the American Academy of Pediatrics' safe sleep recommendations.¹ The results of the checklist findings are outside the scope of this manuscript.