

# 讓您的寶寶安全睡眠

## Safe Sleep for Your Baby

Safe sleep can help protect your baby from sudden infant death syndrome (also called SIDS) and other dangers, like choking and suffocation.

安全睡眠能保護您的寶寶免於嬰兒猝死綜合症（也稱為 SIDS）以及窒息等危險。

### Steps for Safe Sleep

Babies sleep safest **A**lone, on their **B**ack, and in a **C**rib.

#### **A**lone

- Share the room – not the bed – with a baby.
- A baby should **only** sleep in an empty, safety-approved crib, bassinet or Pack 'n Play.
- A baby should never sleep with an adult, child or pet.

#### **B**ack

- A baby should **always** sleep on his or her back.
- A baby will not choke while sleeping on his or her back.
- A baby can breathe easier while sleeping on his or her back.

#### **C**rib

- A baby should **only** sleep in an empty, safety-approved crib, bassinet or Pack 'n Play. No bumper pads, pillows, soft toys, stuffed animals or blankets. These items can suffocate or strangle a baby.

### 安全睡眠步驟

寶寶最安全的睡眠方式是，獨自仰臥在嬰兒牀上。

#### 獨自睡眠

- 與寶寶同住一室——但不與寶寶同牀睡。
- 寶寶**只能**睡在經過安全認證的空嬰兒牀、搖籃或便攜式嬰兒牀中。
- 寶寶不應與成人、兒童或寵物同牀睡。

#### 仰臥

- 寶寶應**始終**採用仰臥位睡覺。
- 仰臥時，寶寶不會出現窒息。
- 仰臥時，寶寶呼吸更為順暢。

#### 嬰兒牀

- 寶寶**只能**睡在經過安全認證的空嬰兒牀、搖籃或便攜式嬰兒牀中。不要使用防撞護墊、枕頭、柔軟玩具、毛絨玩具或毯子。這些物品會導致寶寶窒息。



- Use only a firm mattress with a fitted sheet in the crib.
- A baby should not be overdressed for sleep. Sleep clothing should be lightweight. Fitted, right sized sleepers and sleep sacks are best.
- A baby should never sleep on a soft surface, such as a sofa, cushion, pillow, chair or adult bed.

**Follow these steps for safe sleep every time, for every sleep. Tell others who care for your baby to do the same.**

## Other ways to help keep your baby safe while sleeping

- Do not let your baby get too hot. Keep room temperatures comfortable for an adult.
- Babies should get all recommended vaccinations (shots).
- No smoking near your baby, not at home or when driving.
- Breastfeed your baby. Babies fed breast milk are at lower risk for SIDS than are babies who were never fed breast milk. If you bring your baby to your bed for a feeding, place them back in their separate sleep area when you are done.
- Give your baby “tummy time” while awake and someone is watching. This helps prevent flat spots on your baby’s head, and helps head, neck and shoulder muscles get stronger.
- Think about using a pacifier at nap and bed time. If you are breastfeeding, wait to use a pacifier until breastfeeding is going well.

- 在嬰兒牀中僅使用帶牀罩的硬牀墊。
- 寶寶睡覺時不應穿着過多衣物。寶寶的睡衣應儘可能輕巧。尺寸合身的睡衣和睡袋是最佳選擇。
- 不要讓寶寶睡在柔軟的表面上，例如沙發、靠墊、枕頭、椅子或成人牀上。

**每次寶寶睡眠時均應遵循上述步驟，以保證安全睡眠。讓寶寶的其他照顧者也遵循這些步驟。**

## 幫助寶寶安全睡眠的其他方法

- 不要讓寶寶太熱。將室溫保持在令成年人舒適的溫度。
- 寶寶應接種所有建議的疫苗（注射）。
- 不要在寶寶身邊、家中或開車時吸煙。
- 為您的寶寶提供母乳餵養。與從未母乳餵養的寶寶相比，母乳餵養的寶寶患 SIDS 的風險更低。如果您將寶寶帶到牀上哺乳，請在完成後將寶寶放回他/她自己的睡眠區。
- 請在寶寶處於清醒狀態且身邊有人照看的情況下，讓寶寶採用俯臥的姿勢。這能防止寶寶的頭部局部扁平，並有助於增強其頭、頸和肩部肌肉的力量。
- 可以考慮讓寶寶在午睡及晚上睡眠時使用安撫奶嘴。如採用母乳餵養，哺乳順利後才可使用安撫奶嘴。

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