

初生嬰兒安全睡眠

國家衛生研究院和護理卓越(NICE)建議，如父母吸煙、疲累、喝酒或使用藥物引致昏睡而嬰兒同床共枕，特別是嬰兒少於十一週，會增加嬰兒猝死的風險。

1. 為了防止意外如窒息、勒死及壓死，少於半歲大的嬰兒，應睡在嬰兒專用的睡床。母親可在床上餵哺嬰兒，餵哺後應該放嬰兒回到自己的小床睡覺。
2. 母親可選擇與嬰兒同房，將嬰兒床放置在自己床邊手可接觸的距離，可使晚間餵哺母乳更方便及保障嬰兒安全。
3. 當母親與嬰兒同在床上，沙發或椅子上，請小心不要睡著，免生危險。
4. 使用毛毯時應該把毛毯塞好在床墊周圍，避免嬰兒的頭被蓋到。
5. 絕對不要讓嬰兒單獨留在大人床上或俯伏而睡。
6. 不要讓嬰兒睡在枕頭上或置嬰兒於枕頭及鬆散床單附近。
7. 如嬰幼兒不足一歲，不應與比他年長的幼兒同床，因會增加壓傷和窒息的風險。

如…你很有可能在床上哺乳時睡著:

1. 可預先安排家人到時把寶寶放回嬰兒床
2. 讓寶寶遠離枕頭
3. 確實寶寶不能在床上掉下來或被困於床墊和牆壁之間
4. 確保睡衣不會掩蓋寶寶的臉或頭
5. 如寶寶出生時非常弱小或是早產的，不要在床上餵哺

1. 嬰兒必須仰睡：許多研究顯示，嬰兒仰睡較側睡安全一倍，較俯睡安全六倍。
2. 為嬰兒製造無煙的環境：若在懷孕期及嬰兒一歲前，父母都不吸煙，罹患猝死症的風險會減低一半。
3. 父母與嬰兒共睡一室，但嬰兒要獨自在嬰兒床睡覺。嬰兒床最好放在父母床邊的位置。
4. 嬰兒床的床褥要堅固和大小適中，切勿把嬰兒放在被子、枕頭、羊毛皮、豆袋椅或軟墊等物件上睡覺，以免嬰兒的頭部被覆蓋。
5. 切勿放軟身物件和寬鬆被舖在嬰兒睡覺的地方：例如枕頭、輕軟的毛氈或羽絨被、防撞攬枕、毛公仔或絨毛玩具等。
6. 蓋被時不應蓋過面部及包著嬰兒頭部，因面部和頭部對呼吸和降溫都很重要。
7. 避免嬰兒體溫過熱，所以嬰兒衣服宜輕巧，不應替他穿過多衣服或蓋太多被子；並須保持房間空氣流通，溫度適中。
8. 最新證據顯示，免疫接種可減低嬰兒罹患嬰兒猝死症的風險。所以緊記要依時帶嬰兒接種疫苗。還有，餵哺母乳亦可預防嬰兒猝死症。

如果任何疑問，請向醫護人員查詢。
以上資料由瑪麗醫院婦產科提供。



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SAFE SLEEP OF NEW BORN

National Institute for Health and Care Excellence (NICE) advice says there is an increased risk of infant death while sharing a bed, particularly when a baby is less than 11 weeks, if either parent smokes, is very tired, has drunk alcohol recently or is on medication or drugs that make them sleep heavily.



1. Baby may be brought into the mother's bed for feeding, but should be returned to their cot to sleep in order to prevent suffocation, strangulation and entrapment that could occur in the mother's bed. For the first six months, it's recommended that baby should sleep in a cot.
2. 'Room sharing' with baby's cot at mother's bed side within arm's reach of the parent could facilitates night feeds and ensure safety of baby.
3. For safety measure, mother should be careful not to fall asleep on the bed, sofa or in a chair with baby.
4. If blankets are to be used, they should be tucked in around the mattress so that the baby's head is less likely to be covered.
5. Never leave a baby alone on an adult bed or in prone position.
6. Do not put a baby down to sleep on a pillow or adjacent to a pillow and loose bed sheets.
7. Refrain from allowing siblings in bed with a baby less than one year old. Very young babies are at a greater risk of overlying and suffocation by older siblings.



If there is a risk you may felt asleep while nursing :

1. *Notify someone to move baby to cot when you fall asleep*
2. *Keep your baby away from the pillows*
3. *Make sure your baby cannot fall out of bed or become trapped between the mattress and wall*
4. *Make sure your baby's face is always clear and not being covered during nursing*
5. *It is not safe to nurse on bed if your baby was born very small or pre-term*

Safe environment and sleeping position can reduce the risk of Sudden Infant Death Syndrome (SIDS)

1. Always place your baby to sleep on the back. It is 6 times safer to sleep on the back than on the front and twice than sideways.
2. Maintain a smoke-free environment. If both parents are non-smokers during the pregnancy period and before baby reaches 1 year old, the risks of SIDS will be reduced by half.
3. Your baby should sleep with you in the same room but in a separate cot near your bed.
4. Place your baby on a firm sleeping surface. Use a firm and well-fitted mattress. Never place your baby to sleep on a quilt, pillow, sheepskin or beanbag.
5. Avoid soft objects and loose bedding where your baby is sleeping such as pillows, fluffy blankets or duvets, pillow-like bumpers or soft toys.
6. Make sure your baby's face is always clear and not being covered during sleep. Baby's face and head are important for breathing and cooling.
7. Avoid letting your baby get too hot. Do not overheat or overdress your baby with the covers. Remember to keep the room well-ventilated with temperature comfortable for a lightly clothed baby.
8. Make sure your baby is fully immunized. Recent evidence has shown that immunization can reduce the risk of SIDS. Furthermore, breastfeeding will also have direct protective effect against SIDS.

For queries, please contact doctor / nurse in charge. Information provided by Obstetrics and Gynaecology, Queen Mary Hospital.