

Taichung Armed Forces General Hospital Leaflet of Inpatient Nursing Instructions

Sir/Lady :

嬰兒安全睡眠環境之護理指導

Nursing instructions for creating a safe sleep environment for infants

- I. Sudden infant death syndrome (SIDS) refers to the sudden death of an infant under the age of 1 and is one of the top ten causes of domestic infant death. According to the Taiwan Pediatric Society's "Recommendations for Prevention of Sudden Infant Death Syndrome", the exact cause of SIDS is unknown, but it is largely related to the infant's sleep environment, and accidental suffocation is one of the leading causes of SIDS.
- II. The "5 Guidelines for Infant Safe Sleep" (as shown in Figure 1) are intended to ensure the sleep safety of babies, allowing them to grow up safely and avoid regrettable incidents.
 - (1) Do not sleep on the stomach: The correct sleeping position is "sleeping on the back".
 - (2) Do not use a pillow: Infants do not need to use any head pillows.
 - (3) Do not sleep in the same bed: It is recommended that parents and siblings sleep in the 'same room, but separate beds' with the baby.
 - (4) Do not stay hot: Avoid overheating the environment. When there is no air conditioning, make sure to ensure proper ventilation. Never dress the baby in too many clothes or wrap them too tightly. If warmth is needed, use a sleep sack or wrap the baby in a swaddle. Make sure it covers only up to the baby's chest. Leave the arms exposed, and avoid covering the face.
 - (5) Do not allow soft items: The infant's sleeping area should not have pillows, blankets, quilts, stuffed toys, or bumper pads.
- III. References:
 - (1) National Health Agency of Ministry of Health and Welfare - Health Topics - Infant and Child Health - Infant Safe Sleep Environment.
 - (2) National Health Agency Children's Handbook.

Figure 1. 5 Guidelines for Infant Safe Sleep



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If you are still unclear about something or have any questions, please contact the nursing station in the ward