



BARMHERZIGE  
BRÜDER

Krankenhaus Barmherzige Brüder  
Regensburg Klinik St. Hedwig



INFORMATION FOR PARENTS

# Ensuring your baby sleeps safely

KUNO Centre St. Hedwig Clinic · Steinmetzstraße



Englisch



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# Babies and sleep

We'd like to give you and your baby something to take home and are thus happy to present you with a high quality Bambini Baby Sleep Bag. Our sleep bags have been developed on basis of the latest findings of pediatricians. They are made using only of natural materials which have not been treated with chemicals. These sleep bags are produced in Germany, with the help of companies from the region which employ workers with disabilities.



## Rules for safe sleep

Babies sleep quite a bit during the first few months of their lives. And that's a really good, because getting enough sleep is important for their physical and mental development. At the same time, during the first year of life the so-called "sudden infant death syndrome" can occur in very rare cases. This usually happens while babies are sleeping. Researchers are still working on the discovery of exact causes of this phenomenon. One thing we do know, however, is that you can reduce significantly the risks for your baby by taking a few simple measures:

- Have your baby sleep in a sleep bag
  - During the first year, lay your baby on its back to sleep. If your baby is awake however, you can also lay the other way round.
  - Make sure your baby doesn't overheat. In the bedroom, your baby does not need to wear a cap or gloves. The best room temperature is 16 to 18 C°.
  - Lay your baby in its own cot or bedside cot which is in your bedroom. Place your baby on a firm mattress, without pillows, soft cushions or stuffed animals.
  - The harmful effects of passive smoking are well-known. Nicotine can have a directly negative impact on the breathing of newborn infants. Thus, do not allow anyone to smoke around your infant.
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