

SleepMaker® 儿童睡眠呵护期刊

# Slmotion

Children Growth

*Care  
when it  
matters most*

## Five Things

Considering before making the move to a 'big kids bed'  
和孩子分床分室睡必须考虑的五件事

## Five Ways

Having a Good Quality Sleep Each Night  
引导孩子整夜舒睡的五个小妙招



Sleepmaker

# **CARING CHILDHOOD HEALTH AND DEVELOPMENT:** Sleepmaker Guideline

**儿童健康及成长**  
造梦者呵护计划



The WHO constitution states: "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

世卫组织规定: 健康并不只是没有疾病, 而是要具有良好的体格、精神状态平衡以及良好的社会适应能力。



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**造梦者儿童睡眠床垫系列**

# introduction

“Every child has the right to live in a healthy, supportive environment, an environment that encourages growth and development, and protects from disease.”

(excerpt from inheriting the world:  
The Atlas of Children's Health and  
the Environment, June 2004)



“Every child has the right to grow up in safe and healthy homes, schools and communities, that encourages growth and development, and protects from disease.”

Enabling young children to achieve their full developmental potential is a human right and a critical requisite for sustainable development. Evidence in the Lancet series Advancing early childhood development: from science to scale (Lancet, 2017) highlights the profound benefits of investing in ECD for learning, productivity, health and social cohesion along the life course.

The series highlighted the critical importance of the early years and coined the term ‘nurturing care’ as a central tenet of what is required to achieve optimal development, namely health, nutrition, security and safety, responsive caregiving and opportunities for early learning.

“每个儿童都有权在安全和健康的家庭、学校和社区中成长，这有利于儿童的成长和发展，并保护他们免受疾病的侵害。”

使幼儿/儿童能够充分发挥他们的发展潜力是一项人权，也是可持续发展的关键要求。《柳叶刀》系列文章《推进幼儿发展：从科学到规模》中的证据强调了在生命过程中投资幼儿/儿童发展对学习、生产力、健康和社会凝聚力的深远益处。

该系列文章强调了早期的重要性，并创造了“养育护理”一词，作为实现最佳发展所需的核心原则，即健康、营养、安全和安保、及时的护理和早期学习机会。



Components of nurturing care

- Good Health 健康
- Adequate Nutrition 营养
- Responsive Caregiving 回应式照料
- Security and Safety 安全与保障
- Opportunities for Early Learning 早期学习

# Let's build a room

让我们为孩子建造一个儿童王国吧！





GET THE SLEEPMAKER LOOK



# When is the right time to transition to a “big kids bed”?

孩子多大分床分室睡会比较好？



If you've been stressing about the “right” age to start transitioning your little one from a cot to a bed, take a breath and relax, there is no “perfect” age.

The right time to transition your child will depend on a lot of factors including what works for you and your family. While it's true that most little ones will move from their cot to a bed between the ages of 2-3 ½, there really are no hard and fast rules.

To make the transition to their first big kids bed, we've come up with a few tips to help make the transition as smooth as possible.

如果你一直在为“孩子分床分室睡的最佳年龄”理论而感到苦恼。深呼吸，放松下来，亲子睡眠专家JamesMcKenna博士表示：每个孩子存在个体差异，并没有“最适合分床分室睡的具体年龄”。

与孩子分床分室睡是必然的，家长要根据孩子的实际情况，确定给孩子分床分室睡的具体时间。虽然大多数孩子在2-3岁之间，会从婴儿床过渡到床上，但其实并没有任何科学理论或参考标准。

如何顺利的让孩子分床分室睡？造梦者睡眠专家提出了一些小建议，希望能帮助他们尽快地适应。



# Things to consider before making the move to a 'big kids bed':

## 和孩子分房分室睡必须考虑的5件事

### \* Are They Ready? 孩子准备好了吗?

They might tell you, they might start climbing out of their cot or it might just be the right time for you and your family.

Whatever the reason, try not to let external pressures influence your decision. Every child is different and every situation is different, so what works for someone else might not be ideal for you.

可能有人会告诉你：当孩子开始从婴儿床里爬出来时，就是分床分室睡的最佳时机。请记住：无论如何，不要让外部压力影响你的决定。

每个孩子都不一样，每个孩子的情况也不一样，我们需要根据家里孩子的实际情况来确定。

### \* Comfort Items. 情绪安抚

If your little one has a favourite toy, blanket or bedtime routine don't forget to include it as part of the transition.

With such a big change, the safety and security of that favourite blanket or toy becomes ever more important.

如果你的孩子有最钟爱的玩具、毯子或睡前习惯，不要忘记把它作为过渡的一部分。

通过这些安抚物品或习惯，让孩子对独立的空间产生安全感和归属感。

### \* Falling Out Of Bed. 保证孩子的安全

Many parents worry about their little ones falling out of a single bed. A great tip is to tuck a pool noodle lengthways under the bottom sheet.

Adding the noodle to the edge of the bed often provides enough of a lip to prevent the child from rolling out.

If you're still concerned about your child falling out of bed you can place their mattress directly on floor while they get used to their new sleep environment.

很多父母担心小孩从单人床上掉下来。为保护孩子的安全，家长可将床的三面可以设置上小栅栏；或可将孩子的床垫直接放置在地板。

### \* Routine. 保持以往的睡眠习惯

Nothing throws a toddler off balance like a change in routine. When transitioning to a big kid's bed try to keep the rest of their routine as consistent as possible.

If it can be avoided, try not to travel until your child has completely adjusted to sleeping in a big kid's bed.

改变孩子的睡眠习惯会打破孩子生活的平衡。在与孩子分床分室睡的期间，尽量让孩子的日常生活与之前保持不变。在另外，孩子完全适应分床分室睡之前，尽量避免外出旅行，以免扰乱分睡的节奏。

### \* Make It Exciting ! 激发孩子的兴趣和热情

The change from a cot to a big kid's bed can be pretty daunting for kids and parents alike.

Celebrating the transition by shopping for the new bed, setting it up or even choosing sheets together helps turns the transition into something to celebrate.

Don't forget that choosing a quality kid's bed is very important. Your little one will only want to sleep in their new bed if it is comfortable and supportive.

孩子和父母从相拥而睡到自己独立睡，开始时会产生各种不适应的情况。首先可以让孩子也参与其中，与孩子一起精心挑床和床单，让孩子对他/她的新床、床单或房间有归属感，喜欢上这里，分床分室睡就会容易很多。

选择一张好床/床垫是十分重要的，如果这张床/床垫尤其舒适及具有良好的承托性，你的小家伙会迫不及待睡在自己的床上。



## 专家对儿童睡眠时间的建议：



## Five Ways to Help Your Children Have Good Quality Sleep Each Night

### 引导孩子整夜 舒睡的 五个小妙招



1. Keep a regular and consistent bed and wake time, even in the weekends.

保持规律的作息時間，即使是在周末。

2. Create a relaxing bedtime routine for your children to do each night to prepare for sleep.

建立一些轻松的睡前程序，养成睡前习惯。

3. Let your child sleep in a room that is cool, dark and quiet.

营造良好的卧室睡眠环境：合适的温度、遮光、舒适安静。

4. Give them a good quality mattress that is comfortable and supports their growing body.

选择一张符合孩子生长发育需要的好床垫：舒适、具有良好的承托性能。

5. Ensure their mattress is not old and overworn. Mattresses often harbour bacteria and dust mites that build up over time and can aggravate allergies and asthma.

避免使用老旧床垫：使用较久的床垫易隐藏许多细菌和尘螨，引起或加重过敏和哮喘（建议在挑选床垫时尽量选择具有抗菌抑螨技术处理的床垫产品）。



When you and your child are ready to go shopping for the best kids mattress, you will find that there are a few different types, what should we choose?

当您和孩子前往商场购买床垫时会发现市面上床垫品牌众多，那么我们该如何选择呢？

#### \* Reliability 可靠性

Choose a brand with good reputation, high reliability is crucial, it means you can get the mattress with better quality and service.

选择口碑好、信赖度高的床垫品牌，无论是产品质量还是服务都将更有保障。

#### \* Green and Safety 环保性

Safety comes to first when you are considering buying a mattress for your kids. Natural material is always the best choice: cotton fabrics will be the best choice. In addition, mattresses with non-glue or environmental glue will be better.

儿童床垫首先要安全环保，尽量选择天然材质的产品。在面料的选择上，纯棉面料将会是最佳选择。此外，还需注意床垫所使用的黏合胶水须是环保胶或免胶工艺。

#### \* Breathability 透气性

Breathability can also affect the quality of sleep. normally child's body temperature is slightly higher than adults, they are more easy to sweat, choosing a mattress with breathable materials which can help them cool fast and providing a drier and more fresh sleeping environment, which can ensure they have a better sleep night.

床垫是否透气也会影响睡眠的质量。由于孩子体温比成人微高，容易湿闷出汗，选择透气性好的材质散热快，可提供干爽清透的睡眠环境，保证孩子的优质睡眠。

## What Mattress is Best for Kids? 如何选购儿童床垫？

#### \* Antimicrobial 抗过敏性

As children are more easily to get allergic, a mattress with antibacterial and acaricidal performance are very important. Anti-bacterial and anti-mite is not only aimed at the fabrics but the whole mattress, including the internal foams. Mattress dealt with anti-bacterial and anti-mite technology can help to reduce the incidence of allergy more effectively.

由于儿童抵抗力较差、易过敏，我们在购买床垫时一定要考虑床垫是否具有抗菌抑螨的性能。抗菌抑螨不仅仅针对床垫与身体的接触面，整张床垫从面料到内层垫层均具有抗菌抑螨性能最佳，可有效减少过敏现象的发生。

#### \* Supportability 支撑性

As children are in rapid growth and development period, a mattress can perfectly support their spine and whole body becomes even important. Mattresses for children should not be too hard or too soft, the best is the one that can fully fit and effectively support their whole body and providing a complete relax during sleep. To avoid the deformation of the spine、promoting the blood circulation, which will contribute to the healthy development of children.

由于儿童处于快速生长发育期，对床垫的支撑性以及身体贴合度有更高的要求。儿童床垫不宜过硬或过软：最佳状态是床垫完全贴合并有效承托儿童身型，孩子在睡眠中身体可达到完全放松状态，有利于防止脊椎变形、促进血液循环，有利于儿童的健康发育。



## Does My Child Need a Firm Medium or Soft Mattress? 儿童床垫软硬度如何选择？



Most parents will be familiar with just how much growth happens in a growth spurt and how at times, it can feel like your child has grown inches taller overnight! Our children are growing rapidly, so it is essential to protect their spine and ensure their back health is looked after by keeping it correctly aligned. The best mattress for kids is one that helps maintain a neutral sleeping position. A mattress that is too soft cannot provide the support required for a neutral sleeping position. At the same time, a mattress that's too firm may make your child uncomfortable and potentially impact their quality of sleep.

有时候一瞬间，我们就能看到孩子的成长，仿佛一夜之间就长高了几厘米。儿童在成长期生长快，因此保护他们的脊椎健康显得尤为重要。儿童床垫应符合儿童骨骼发育特点：贴合儿童自然生理曲度并提供有效支撑。

太软或太硬的床垫由于无法适当地承托身体脊椎及各部位，易对脊椎形成更严重的慢性伤害，影响孩子的成长发育。

To give your kids a mattress that is the perfect balance between support and comfort, health professionals typically recommend a medium-firm mattress for children as it will support their rapidly growing bodies, especially their spine.

专家们建议在选择儿童床垫时，需充分考虑其支撑性以及舒适度，建议选择软硬适中偏硬的床垫，可以为生长发育快速期的儿童提供良好的身体（尤其是脊椎）支撑。

Don't be afraid to let your child enjoy the experience of testing beds at the store; this will help you better get an idea of what your child finds comfortable. While medium-firm mattresses are recommended to support kid's growing bodies, a good quality plush mattress will most likely have the right technology to support a neutral sleeping position.

在选择床垫时，一定要让孩子自己试躺是否舒适。虽然专家们建议软硬适中偏硬的床垫可为生长发育快速期的儿童提供更好的身体支撑，但我们认为：一张品质好的软床垫可能拥有更科学的软硬度和支撑性技术，也将更符合儿童的自然生理曲度发育。



# What Size Bed Does My Child Need?

## 儿童床垫尺寸如何选择？

When it comes to deciding what size bed for kids is best, there is a lot to consider. Choosing a bed for your child is a balancing act of assessing your child's current situation while anticipating their future needs, including how tall they are now versus how tall they are likely to grow.

一张合适的床对儿童睡眠是非常重要的。家长在给儿童选床的时候难免会有所纠结儿童究竟适合睡多大的床？儿童的生长发育速度是非常快的，家长在给儿童选床的过程中一定要考虑到这一点。

Additionally, you want to consider how much space is available in their bedroom, if there are any potential safety issues to consider and how well your child can climb into their new bed. The best children's mattress for your child very much comes down to personal preference and your budget.

此外，还需要考虑卧室的空间，孩子爬上床是否存在隐藏的安全性问题。而在床垫的选择上，基本只取决于孩子的喜好以及家庭的购买预算。

When considering which size mattress is best for your child, a ten-year view is a good perspective to take, especially when you think about all of the growth and developmental milestones your child will achieve over the next ten years.

在购买的床垫尺寸时，需考虑儿童的身体生长发育速度，我们建议以未来十年为使用周期来决定购买的床垫大小。

As a general rule, kids aged eight and under are perfectly suited to have a single bed, whereas kids aged eight and up might be best suited to a double bed, especially if they are prone to moving around a lot in their sleep. A double bed can prevent those terrifying midnight 'accidentally rolled out of bed' emergencies.

一般来说，我们建议8岁及以下的孩子可选择单人床（1000\*2000mm）；8岁及以上的孩子选择双人床（1500\*2000mm），主要考虑到孩子睡眠中翻身幅度较大，双人床可防止孩子在翻身的时候掉下床。

If space permits, perhaps your teenager is ready for a more grown-up bed, meaning a double, queen or even king-sized mattress and base may be the best option. At the end of the day, you want to choose a mattress size for your child that gives them enough room to sleep comfortably at night while also allowing for some growing room.

当然，如果卧室空间允许的话，您可以选择更大尺寸的床垫，不仅可以睡得更舒适，也可避免因孩子身体生长发育快而频繁更换床垫。





**We've got you covered  
from head to toe**

造梦者比你想象的更关心你!

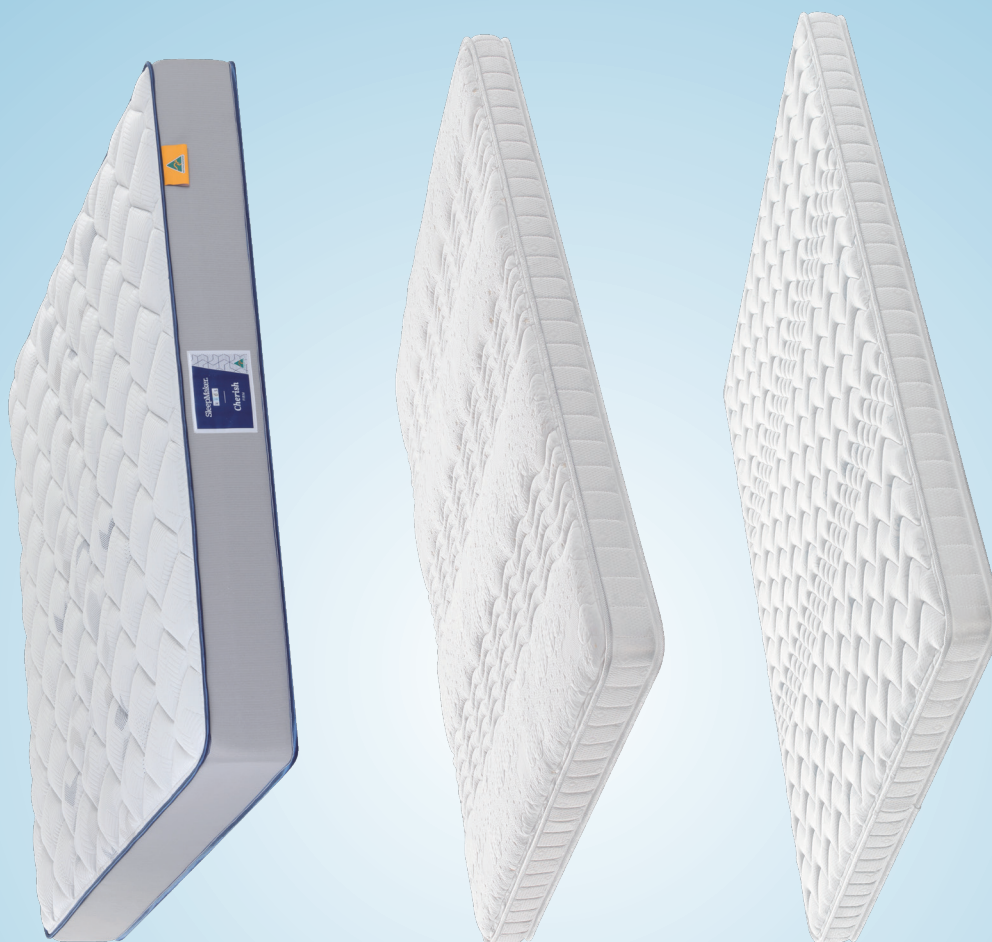
# AUSTRALIA'S Nº1 BEDDING PRODUCTS

澳洲第一寢具品牌



Partner of:



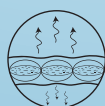


Cloud-feeling Soft With Spinal Care Technology,  
proving the Best Sound Sleep Experience Just for You!

云柔舒适安睡护脊，天使般守护你的健康睡眠。



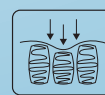
抗菌抗螨面料



Climatex® 温控纤维层



云端呼吸绵



灵动五区独立簧

At SleepMaker, we care more than you think.  
造梦者，呵护你的健康睡眠。

# AU CARE RANGE

## 澳洲呵护系列



### CHRISH FIRM

#### 倍呵护 承托款

Comfort Scale: 4  
软硬度: 4

Height: 22cm  
高度: 22cm



All-round Support System  
ARS全能承托系统



Ultra-fresh Comfort System  
UFC超洁净舒适系统



Full-time Climate Control System  
FCC全时温控系统

五区灵动独立簧+ComE边缘支撑系统

贴合身体脊柱自然弧度动态支撑;  
减少边缘感, 加大睡眠接触面积。

**呵护儿童脊椎成长**

Ultra Fresh 抗菌抑螨技术

+Fresh Protect 洁净保护

**解决引起儿童过敏的不良环境因素**

美利奴羊毛纤维

吸湿排汗, 均衡睡眠温度, 天然呵护。

**解决儿童睡眠盗汗引起的健康问题**



# CN CARE RANGE

## 中国呵护系列



### SWEET 甜蜜儿

Comfort Scale: 3  
软硬度: 3

Height: 15cm  
高度: 15cm



All-round Support System  
ARS全能承托系统



Ultra-fresh Comfort System  
UFC超洁净舒适系统



Full-time Climate Control System  
FCC全时温控系统

云纤维绵

医用级环保材料，透气抗压。

**柔软舒压、轻松入睡**

舒柔蛋壳绵

抗菌抑螨，降噪消音

**洁净守护，安心入眠**

有机羊毛棉+幻彩凝胶绵

吸湿排汗，均衡睡眠温度，天然呵护。

**均衡睡眠温度，清爽入睡**



# CN CARE RANGE

## 中国呵护系列



### ABLE 爱博

Comfort Scale: 3  
软硬度: 3

Height: 12cm  
高度: 12cm



All-round Support System  
ARS全能承托系统



Ultra-fresh Comfort System  
UFC超洁净舒适系统



Full-time Climate Control System  
FCC全时温控系统

云纤维绵

医用级环保材料，透气抗压。

**柔软舒压、轻松入睡**

舒柔蛋壳绵

抗菌抑螨，降噪消音

**洁净守护，安心入眠**

有机羊毛棉+幻彩凝胶绵

吸湿排汗，均衡睡眠温度，天然呵护。

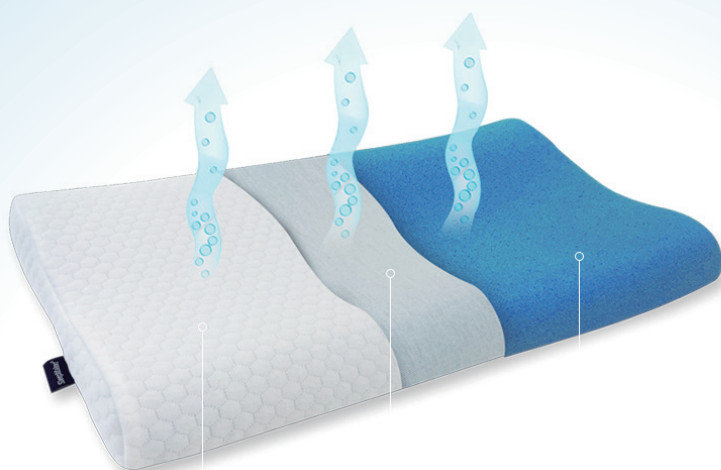
**均衡睡眠温度，清爽入睡**



# Pillows you should consider

## 澳兰冰凝枕

AuLan FusionGel pillow



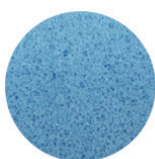
亲肤面料

清爽舒适  
柔滑软暖



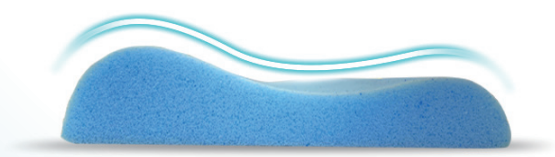
网眼布内套

吸湿透气  
防尘护芯



凝胶内芯

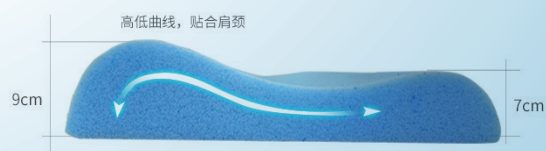
舒适护颈  
清凉入睡



人体工程学设计，头颈肩三点支撑。  
深度解压，快速入眠



亲肤面料+凝胶内芯  
干爽透气，清凉入睡



### 主动适应压力为头肩颈深度解压

人体工学设计，头颈肩三点支撑恰到好处的承托力，  
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