

**3.17 Sleep and Rest Time Policy**

Sleep times are key times in the day for being close and promoting security. Younger children may need to sleep but older children do not usually need to. No child is made to sleep.

**Children age 2+**

* Children sleep in a travel cot in the Robins room or on the carpet area in the main room. They will have a bottom sheet and a blanket.
* Sheets and blankets will be kept in a zip bag with the child’s name and washed every week.
* Children can have their own blanket and comforter if they wish, these will be kept in their bags.
* Heavy clothing is removed.
* Hair accessories that may come loose or detached and pose a choking hazard will be removed.
* Children are settled by a familiar adult and comforted to sleep if they wish. Key persons may gently stroke or pat children.
* Room temp is checked and should be around 18 degrees centigrade
* Dummies will be removed once a child is asleep.
* Curtains can be drawn
* Sleeping children are checked every ten minutes and are within sight and/or hearing of staff at all times. Their breathing is checked by looking at the rise and fall of the chest and the sleep position is recorded along with the time on our sleep chart.
* Parents are informed of sleep times through the EYLOG daily diary.

**Further guidance**

Safer Sleep for Babies (Lullaby Trust) [www.lullabytrust.org.uk/safer-sleep-advice](http://www.lullabytrust.org.uk/safer-sleep-advice)

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