



09.10 Prime times – Sleep and rest time

Sleep and rest times are key times in the day for being close and promoting security. No child is made to sleep.

Children over 2yrs old

- Children sleep on rest mats and have their own bedding.
- Nappies changed and heavier clothing removed.
- Hair accessories that may come lose or detach are removed before sleep/rest time.
- If after lunch, all food is removed from face and clothing and we ensure all food has been swallowed.
- A separate area is made quiet, perhaps with soft music playing and all clutter is removed.
- If children fall asleep in-situ it may be necessary to move or wake them to make sure they are comfortable.

Sleep checks

- Children will be checked regularly at least every 10 minutes and will always be within sight/hearing of any staff members.
- Temperature of the room is recorded on the sleep chart. Children are positioned away from heaters and doors. Nappies are changed and heavier clothing is removed.
- Staff will monitor the rise and fall of chest, the colour of lips and cheeks, the position of blankets and comforters. They will ensure that feet are at the end of the bed whilst sleeping and resting.
- No pillows will be used and children will be covered with a small, thin blanket.

Further guidance

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