

09 Early years practice procedures

09.10 Sleep and rest time

Children over 2yrs old

- Children sleep on rest mats and have their own personalised bedding in good clean condition,
- Hair accessories that may come lose or detach are removed before sleep.
- A separate area is made quiet.
- Children are not put to sleep but if they fall a sleep practice is adhered to
- If children fall asleep in-situ it may be necessary to move or wake them to make sure they are comfortable.
- Sleeping children are regularly checked at least every ten minutes and are within sight and/or hearing of staff and recorded

Young children

- Young children sleep on rest mats and have their own personalised bedding.
- Nappies are changed and heavier clothing is removed.
- Hair accessories with parts that may come lose or detached and pose a choking hazard are removed before sleep/rest time.
- A separate area of the room is made as quiet as possible
- Sleeping children are always supervised within sight and/or hearing of staff.

Further guidance

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

