

# Sleep

EYFS: 3.60

At **Happy Days Day Nursery** we aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment.

The safety of babies sleeping is paramount. Our policy follows the advice provided by The Cot Death Society and Lullaby Trust to minimise the risk of Sudden Infant Death. We make sure that:

- Babies are placed on their backs to sleep, if a baby has rolled onto their tummy, we turn them onto their back again unless they are able to roll from back to front and back again, on their own, in which case we enable them to find their own position
- Babies/toddlers are never put down to sleep with a bottle to self-feed
- Babies/toddlers are monitored every 10 minutes, staff use the ladybird timer, practitioners will visually check children whilst sleeping, looking for the rise and fall of the chest, pink cheeks and lips and if their sleep position has changed
- Checks are recorded every 10 minutes on the sleeping log on the sleep room door.
- Children under 6 months will be laid to rest/sleep in the carry cot in the room in a quiet environment.
- Babies and children are not to be left alone when awake in the sleep room.  
All children must be fully asleep before practitioners leave the room.

We provide a safe sleeping environment by:

- Monitoring the room temperature
- Using clean, light bedding/blankets and ensuring babies are appropriately dressed for sleep to avoid overheating
- Only using safety-approved cots or other suitable sleeping equipment that are compliant with British Standard regulations, and mattress covers are used in conjunction with a clean fitted sheet
- Babies will not sleep in pushchairs due to their positions and trapping fingers in the wheels.
- Enable babies to sleep outdoors on a comfortable surface.
- Not using cot bumpers or cluttering cots with soft toys, although comforters may be given where required. Ensuring no items are over the cots to cause suffocation
- Keeping all spaces around cots and beds clear from hanging objects i.e. hanging cords, blind cords, drawstring bags
- Ensuring every baby/toddler is provided with clean bedding labelled to them and working in partnership with parents/carers to meet any individual needs for example if a child prefers to sleep in a sleeping bag, we will ask parents/carers to bring one from home
- Cleaning all bedding as required and at least weekly
- Transferring any baby who falls asleep while being nursed by a practitioner to a safe sleeping surface to complete their rest
- Having a no smoking policy.



