



Sleep Policy

Policy Statement

Be Healthy:

- Physically healthy
- Mentally and emotionally healthy

Stay Safe:

- Have security, stability and are cared for;
- Sleep mat to be kept clear of toys and equipment at all times apart from teddies or sleep comforters.
- Bedding to be kept for individual children and placed in the named drawer when not in use.
- Bedding must not be placed on the sleep mat until just before required.
- Children to follow own sleep routine - this is to be checked against child's care plan if unsure.
- All toys comforters to be removed from the sleep mat once child is left (excluding dummies still in mouth and blankets)

When Placing Children to Sleep:

- Check nappy
- Offer drink
- Child's comforter to be used if necessary.
- Sleep mat to be wiped with anti-bacteria spray and turned over.
- Sleep times to be put on sleep monitoring sheets.

