



Blackhall Nursery

Sleep Policy

Introduction

We understand that it is important for the children to have regular sleep and rest periods throughout the day to promote good health and wellbeing. If children require a rest time, this is facilitated by offering quiet, cosy spaces.

We work in partnership with parents/ carers to meet individual children's needs. We aim to mirror the same sleeping routine that a child has at home as much as possible within the Nursery.

Purpose of this Policy

As young children sleep, we aim to ensure that they are safe and well throughout the period in which they are resting. We will support this by –

- Discussing a child's rest needs regularly with parents/ carers.
- Help children understand how they can be supported if they need a rest.
- Provide a safe, comfortable environment to rest/ sleep where the child is visible to adults.
- Where possible, encourage the child to visit the toilet/ have their nappy changed before resting.
- Move or make safe any children who fall asleep unexpectedly.
- Provide an appropriate sleep mat and bedding and we will make sure the child is comfortable, e.g. removing shoes, providing comforters etc.
- Ensure an adult is nearby to monitor and respond to the child's needs when they wake.
- Check the child at regular intervals and record these observations, alongside the time they fell asleep/ woke up.
- Check children with known medical illnesses or who are unwell more frequently.
- Clean sleep mats with anti-bacterial spray and paper towel before airdrying and storing.
- Name and store children's bedding individually to prevent cross-contamination and wash weekly on a Friday. For those who do not sleep regularly, their bedding will be washed immediately. Clean bedding will be stored separately from used.
- In the event of a fire evacuation, the member of staff on 'snack duty' will be responsible for checking the sleep area and ensuring the safe evacuation of sleeping children.

Useful information

Sleep Scotland [Gateway to good sleep - Sleep Scotland](#)

Health and Social Care Standards; my support, my life

<https://www.gov.scot/publications/health-social-care-standards-support-life/pages/>

This Policy Relates to:

UNCRC

Article 24, Health, water, food, environment.

Article 31, Rest, Play, Culture, Arts.

Health and Social Care Standards

- 1.9 I am recognised as an expert in my own experiences, needs and wishes.
- 1.12 I am fully involved in assessing my emotional, psychological, social and physical needs at an early stage, regularly and when my needs change.
- 2.3 I am supported to understand and uphold my rights.
- 3.15 My needs are met by the right number of people.
- 4.11 I experience high quality care and support based on relevant evidence, guidance and best practice.
- 4.16 I am supported and cared for by people I know so that I experience consistency and continuity.
- 5.6 If I experience care and support in a group, I experience a homely environment and can use a comfortable area with soft furnishings to relax.
- 5.19 My environment is secure and safe.
- 5.20 My environment is relaxed, welcoming, peaceful and free from avoidable and intrusive noise and smells.
- 5.21 My environment has plenty of natural light and fresh air, and the lighting, ventilation and heating can be adjusted to meet my needs and wishes.
- 5.23 I am able to access a range of good quality equipment and furnishings to meet my needs, wishes and choices.
- 5.24 I experience an environment that is well looked after with clean, tidy and well maintained premises, furnishings and equipment.

Adopted on:

GS 30/08/23

GS 31/08/23