



## Sleep

At Shofar we understand and recognise the impact sleep has on a young child and how important it is for their health, learning and development.

We understand that when children fall asleep, waking them sooner than they are ready may be detrimental to their health and well-being. If parents request sleep limits then we will not wake children sooner than 30 minutes for pre-school children who fall asleep and 45 minutes for children under 2 years old.

### **Procedure:**

- Each child will have their own sheet and blanket which will be kept in a sleep bag, which will have children's name on and laid out before sleep times.
- Bedding will be washed at the end of each child's week.
- At the end of sleep times bedding should be folded and placed back in bags/ pillowcases.
- If a child has soiled or wet themselves during their sleep bedding must be stripped down and washed straight away. The bed or mattress must be disinfected.
- Babies will be placed on their backs to sleep unless the parent requests otherwise in writing.
- Sleeping children will be checked on, every 10 minutes or sooner whilst in a cot room or in the black and white room and in all other areas, sleeping children are supervised.
- Staff will fill in a sleep chart stating when the children fell asleep and when they woke up in between these times, it will be logged when a child was checked.
- Temperature of the sleep rooms will be checked regularly so make sure it is not too hot or too cold.
- It will be calm and peaceful in the sleep areas with the lights turned off and blinds pulled down.

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Head teacher of Shofar

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