



## Sleep Policy

Sleep Time: From 12.00– 2.30

Sleep is an integral part of children developing healthily. Children being well rested makes for an active learner.

**Baby Stars:** Sleep in designated cots and sleep mats when aged over 10 months and deemed of an appropriate size to sleep on a sleep mat. Baby Stars will be encouraged to have a sleep after lunch; however, dependent on the baby's needs, they may need additional naps throughout the day. During any form of sleep time, the lighting will be reduced.

All babies will be put to sleep on their backs to reduce the risk of sudden infant death syndrome.

**Shining Stars and Super Stars:** The older children sleep on sleep mats and as with the baby stars, children will be allowed to cuddle their own cuddly toy if this helps to soothe them, and they will further have soothing music played into the room.

Super Stars will sleep dependent on age. If approaching school admissions, we will gradually stop the child from having an afternoon nap.

The children will be encouraged to sleep once they washed their face after lunch. Children are to be encouraged to use the toilet before and after sleeping. Children will be allowed to sleep on their front or their back at this stage.

At least 1 staff should be present whilst children are sleeping.

There are spare blankets and sheets, which are available for children to use if their sheet/blanket is unusable.

All children's nappies are to be checked before going to sleep to ensure they are clean. They are also to be changed upon awakening.

**This policy was reviewed on: 16.09.21**

**Date of next review: 16.09.22**