



Sleep Procedures

Cranmore School's Mission is to be a Catholic School committed to the teachings of the Gospel with the aim to help all children fulfil their potential, by fostering the individual talents and providing for their needs within its caring Christian community.

Introduction

At Cranmore Nursery we ensure all children have the opportunity to sleep or rest each day. It is the responsibility of all staff working at Cranmore Nursery to ensure this is carried out safely. This is implemented through a variety of measures which are outlined below.

Procedure

Our Green room is used for rest-time and the blinds and curtains are closed to create a darkened room. A member of staff will always stay in the room to settle the children until they are asleep.

- All rooms are fully ventilated. The room temperature is monitored and checked daily at rest-time using a room thermometer. We maintain a temperature of 16-21°C.
- Children may bring in their own comforters, dummies and blankets as required.
- Each child has their own labelled sleep bag which contains their individual bed sheet and blanket. When preparing for rest-time children will remove shoes and any extra clothing which may cause them to over-heat. These items should be placed into the sleep bag and hung on the pegs nearby. This ensures that the bags are not a danger to the sleeping children and that they are easily accessible if they need to be collected during an evacuation.
- Each child's sleep time is recorded on a laminate – stating the time they fall asleep and wake up. This information can be transferred onto their individual day sheets at an appropriate time.
- Once all children in the room are sleeping the adult may leave. On leaving the room the sleep monitor must be switched on and checked to be working, sleep times must be recorded and the time of leaving must be recorded and initialled.
- The sleep monitor speaker is to be positioned close to an adult and checks are to be carried out every fifteen minutes and recorded on a sleep record sheet. When checking sleeping children, staff will ensure that their faces are not covered by comforters or blankets, monitor their breathing and make sure they do not appear to be too hot or cold.
- The sheets are washed regularly every Friday afternoon or more often if necessary (i.e. wet from sweat or dribble) in the school's washing machine. They are then air dried on racks.
- Mattresses are sprayed with an antibacterial spray after every rest-time and wiped with a disposable paper towel.

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