

Sleep

Policy

Every living creature needs to sleep. It is the primary activity of the brain during early development. [Circadian rhythms](#), or the sleep-wake cycle, are regulated by light and dark and these rhythms take time to develop, resulting in the irregular sleep schedules of newborns. The rhythms begin to develop at about six weeks, and by three to six months most infants have a regular sleep-wake cycle. By the age of two, most children have spent more time asleep than awake and overall, a child will spend 40 percent of his or her childhood asleep. Sleep is especially important for children as it directly impacts mental and physical development.

Sleep and Infants (4-11 months) By six months of age, nighttime feedings are usually not necessary and many infants sleep through the night; 70-80 percent will do so by nine months of age. Infants typically sleep 9-12 hours during the night and take 30 minute to two-hour naps, one to four times a day – fewer as they reach age one

Sleep and Toddlers (1-2 years) Toddlers need about 11-14 hours of sleep in a 24-hour period. When they reach about 18 months of age their naptimes will decrease to once a day lasting about one to three hours.

Sleep and Preschoolers (3-5 years) Preschoolers typically sleep 11-13 hours each night and most do not nap after five years of age. As with toddlers, difficulty falling asleep and waking up during the night are common. With further development of imagination, preschoolers commonly experience nighttime fears and nightmares. In addition, sleepwalking and sleep terrors peak during preschool years.

We work with parents to agree appropriate sleep routines whilst at nursery, however we recognise when a child has not had sufficient sleep this can affect their wellbeing and learning and development. In the event of this occurring we will discuss with the parent plan of support.

We recognise the importance of sleep and providing suitable areas for babies and children to sleep rest and refuel. We provide cots and cradles for our babies to sleep. Routines are designed to enable babies to regulate their own sleep. Toddlers are encouraged to have an afternoon sleep of an 1-2 hours. Pre school have comfortable places where children can refuel and can sleep if they wish to do so.

Procedure

- Children are offered support and comfort by an adult to go to sleep, lights are dimmed and sleep music or sounds are played



- Practitioners are responsible for monitoring the children whilst they are asleep. They are checked at 15 minute intervals and we make sure the children are safe, warm/cool enough and comfortable. As checks are carried out they are recorded onto First Steps
- Each child has separate bedding, which is washed frequently.
- Soft toys and comforters are offered where appropriate. Information regarding comforters is gathered at the introductory visit to the room.

Manager's signature

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