

# Sleep



## Policy

Recognising the importance of sleep for growing bodies we endeavour to ensure that children in our care are provided with comfortable sleeping conditions. Because all children should go to sleep happily, we promote a secure, safe, peaceful environment for the children to sleep/rest while quiet/calm music is played in the background.

## Background

Sleep appears necessary for our nervous systems to work properly. Too little sleep leaves humans drowsy and unable to concentrate the next day. It also leads to impaired memory and physical performance and reduced ability to carry out mathematical calculations. Rest is important for all children to grow and develop. Infants generally require about 16 hours a day which reduces to about nine hours for teenagers.

Although death from Sudden Infant Death Syndrome (SIDS) is a relatively uncommon event, it is the leading cause of post-neonatal infant death (aged over one month and under one year). Apart from loss of life, the circumstances surrounding death can be particularly difficult for family and friends to deal with. Over the period 1981 to 2000, SIDS deaths for males outnumbered those for females and were responsible for 62% of total deaths for the 1981 – 1990 period and 60% for the last ten years. At Janelle Street Centre we follow Red Nose recommendations for rest time.

## Practices

### General

A rest period is included in our daily program, usually following lunch or as required by each individual child.

All children are encouraged to sleep/rest. If unable to sleep, they will be given quiet activities or a book to look at on their beds. A security toy may help to calm a restless child.

Educators will ensure that children are comfortable by removing shoes and making sure they are adequately dressed for the particular climate.

Beds, cots and mattresses will be checked daily by educators and replaced if necessary to provide safe sleeping equipment for children and a safe environment for children and educators.

Pre-school and school readiness children have the option, if not sleeping, to participate in quiet activities.

Educators will consult with families about sleep and rest needs.

Educators will be sensitive to each child's needs making sleep and rest times a positive experience.

All children will be encouraged to sleep on their backs, but they will be allowed to find their own sleeping position.

Beds will be in good repair and be easily cleaned between uses. Beds and mattresses will be wiped over by staff wearing gloves using liquid disinfectant or disinfectant wipes between each use.

All bed linen will be clean and in good repair. Bed linen is for use by an individual child and will be washed before being used by another child.

Children's beds and cots will be arranged to allow easy access for children and staff.

Sleep and rest risk assessment must be conducted once every 12 months.

Educators will create a relaxing atmosphere for resting children by playing relaxation music, reading stories, cultural reflection, turning off lights and ensuring children are comfortably clothed. The environment should be tranquil and calm for both staff and children. Staff will sit near resting children and support them by encouraging children to relax and listen to music or stories for a short period of time before moving to quiet activities.

Children will be encouraged to dress appropriately for the room temperature when resting or sleeping. Lighter clothing is preferable, with children encouraged to remove shoes, jumpers, jackets and bulky clothing.

The room temperature will be considered to ensure maximum comfort for the children.

Educators will ensure all teething (amber) necklaces, dummy chains, hooded jumpers and other hooded clothes are removed from children before rest or sleep

## **Children in Cots / Sleeping Children**

All cots will meet AS/NZS 2172.

Cot rooms and sleep rooms will have operational baby monitors on at all times.

Cots will be made up to comply with Red Nose sleeping guidelines.

Educators will observe children at 10-minute intervals while they are asleep. Educators must go and stand near each sleeping child to physically see each child breathing. Educators must look for each child's chest rising and falling. This will then be officially recorded by the educator with the time of observation.

Cot mattresses will be clean, firm and the correct size for the cot frame.

Babies will be placed on their backs to sleep, but they will be allowed to find their own sleeping position.

No loose bedding is to be available to the child.

Bed linens will be firmly tucked under the mattress to reduce the risk of a child covering their face.

The baby's feet are to be placed at the bottom of the cot so the baby cannot slip down under the covers.

The baby is to be tucked in securely, so bed linen is not loose.

No doonas, duvets, pillows, soft toys or cot bumpers will be placed in cots. Comforters for children under 12 months can be taken into the cot until the child falls asleep and then must be removed by the educator.

Children will be given a minimum of one hour of sleep including if they are resting and fall asleep on their own.

## **Sources**

<https://rednose.org.au/section/safe-sleeping> (accessed October 25, 2023)

[acecqa.gov.au/resources/supporting-materials/infosheet/safe-sleep-and-rest-practices](https://www.acecqa.gov.au/resources/supporting-materials/infosheet/safe-sleep-and-rest-practices) (accessed October 25, 2023)

Quality and Compliance in Practice ECED [update@det.nsw.edu.au](mailto:update@det.nsw.edu.au) (accessed October 25, 2023)

Education + Care Services National Further Amendment Regulations 2023

**Adopted: November 02, 2011**

**Review No. 13: September 14, 2023**