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**Sleep policy**

At the Ark Nursery we aim to provide a safe and relaxing area for the babies and children to sleep. Sleep is an important part of a child’s overall development, it is as important as food and water. Sleep allows children to process learning, assists memory retrieval, recover their bodies from illness and exercise and also grow.

We acknowledge this by;

* Respecting individual child’s sleep patterns and responding to each child’s needs
* Providing clean individual bedding
* Following guidance from the Sudden Infant Death Syndrome Society
* Keeping records of when children fall asleep and when they wake
* Checking children every 15 minutes and recording times
* Quilts, cot bumpers and items of toys are not used in the cots (only small soft comforters such as teddies)

In our under-two’s room, we have a designated bedroom for children to rest during the day. In all other rooms, we use sleep mats, in a quiet and darkened room, following lunch. In the older rooms children are given the opportunity of rest times, this may be in the way of quiet periods, listening to music, stories, reading books and those who need or wish to sleep are allowed to do so.

Children have the opportunity to rest or sleep if they need or want to throughout the day. Staff create an environment for the children to rest or sleep i.e. a quieter area to cuddle up.

Parental wishes will be taken into consideration, although staff cannot force a child to sleep, to wake up or keep the child awake against his or her will. This is cited in the UN Rights of the Child, recognising their right to rest and is an Ofsted regulation.

This policy is reviewed annually