



SLEEPING PROCEDURE

At The Lodge, we understand sleep time is a very important part of the child's daily routine to support their physical and mental wellbeing, allowing the mind and body to rest and recover. A child's brain needs sleep to restore resources that are used up during the day. A well-rested brain can solve problems, take in new information and enjoy the day a lot more than a tired brain. Some areas of your child's brain are even more active while they sleep.

The Lodge is privileged to have separate sleep areas for your child/ren. We aim for your child to have an uninterrupted sleep (where possible). We work in close partnership with our Parents/Carers to ensure we are following your child's individual needs and their own daily routine from home. Your child will be sleeping in one of our sleep rooms with the blinds rolled down with relaxing music playing whilst being comforted by their Key Person (where Key Person is unavailable, there will be a familiar adult).

The Lodge provides all children with their own cot sheets, sleeping mats and age appropriate blankets (pillows for our Explorers and Adventurers children) If required, we ask you to provide individual sleep bags to stay at The Lodge, which will be stored inside their individual bags before being washed at the end of the weekly session, or as required.

All of the designated sleeping areas at The Lodge have equipment to play soothing lullabies, black out blinds and curtains to control the lighting, a sleep monitor which is on throughout the children's time in the sleep rooms, wall mounted fans and a room thermometer to monitor the temperature. As outlined by 'The Lullaby Trust' a comfortable temperature for children to sleep in is between 16-20°C.

Once the child has fallen asleep, as well as using our sleep monitors, all children are checked regularly (every 10 minutes) by a member of staff which is recorded on a sleep chart.

Discoverers:

Discoverers have 2 designated sleep rooms, with a total of 10 cots. The larger room, Sleep Room 1, has 6 cots inside and Sleep Room 2 has 4 cots. At The Lodge, to aim for a 'home from home' experience for the children, we aim to allocate and use the same cot for each child for their sessions.

We believe this will support the children to feel secure and familiar with their Nursery environment. There is also a space for the children's individual sleep bags, allowing the children's comforters and sleep equipment to be close by.

Explorers:

Explorers have full use of our Library and the role play room, these are transformed into a designated sleeping space for the children. The children will use their own comfortable mat, pillow and blanket to relax and have their nap. Each mat is thoroughly cleaned after each use. There is a shelved area within the Library where the children's comforters and sleep equipment will be close by.

Adventurers:

Adventurers have use of a room that is used for sensory play and this is transformed into a designated sleeping space for the children. The children will use their own comfortable mat, pillow and blanket to relax and have their nap. Each mat is thoroughly cleaned after each use. There is a shelved area within the Library where the children's comforters and sleep equipment will be close by.

Reduce the risk of sudden infant death syndrome (SIDS):

It's not known why some babies die suddenly and for no apparent reason from [sudden infant death syndrome \(SIDS\)](#), or cot death. Experts do know placing a baby to sleep on their back reduces the risk, and exposing a baby to cigarette smoke or allowing them to overheat increases the risk. It's also known there's an association between sleeping with your baby on a sofa or chair and SIDS. Follow the advice on this page to reduce the risks as much as possible.

How to reduce the risk of SIDS

To reduce the risk of SIDS:

- place your baby on their back to sleep, in the same room as you, for the first 6 months
- keep your baby's head uncovered – their blanket should be tucked in no higher than their shoulders
- if wearing your baby in a sling or carrier, do not cover their head with the sling material or with a muslin

Children who consistently get a good night's sleep: *(Information from the NHS)*

- Are more creative
- Can concentrate on tasks for longer
- Have better problem-solving abilities
- Are better able to make positive decisions
- Are more able to learn and remember new things
- have more energy during the day
- Can create and maintain good relations with others

Advice from NHS website: age and times children should sleep:

Age	Recommended amount of sleep
4 to 12 months	12 to 16 hours including naps
Children 1 to 2 years	11 to 14 hours including naps
Children 3 to 5 years	10 to 13 hours including naps
Children 6 to 12 years	9 to 12 hours

Amended - July 2023