

Sleeping Procedure

Health and Social Care Standards:

3.15 My needs are met by the right number of people.

4.11 I experience high quality care and support based on relevant evidence, guidance and best practice.

5.18 My environment is relaxed, welcoming, peaceful and free from avoidable and intrusive noise and smells.

5.19 My environment has plenty of natural light and fresh air, and the lighting, ventilation and heating can be adjusted to meet my needs and wishes.

5.22 I experience an environment that is well looked after with clean, tidy and well maintained premises, furnishings and equipment.

Set up

If sleeping in a hammock outdoors:

- Ensure hammock is tied effectively and at a height where the child can get in and out themselves
- Ensure angle of child laying in hammock is as horizontal as possible
- Ensure that the child can sleep in a comfortable temperature - blankets or thermal sleeping bag can be used (with liner)
- Ensure that an adult can see the child sleeping
- Ensure that the child is checked every 10 minutes

If sleeping on a bed/mat outdoors:

- Ensure bed is on a dry, hard and sturdy surface and is in a covered area (ie tent) free from possible risk (ie away from stove)
- Ensure that the child can sleep in a comfortable temperature - blankets or thermal sleeping bag can be used (with liner)
- Ensure that an adult can see the child sleeping
- Ensure that the child is checked every 10 minutes

If sleeping on a bed/mat indoors:

- Ensure bed is on a hard and sturdy surface free from possible risk (ie away from radiators, or things that can be pulled down onto the child)
- Ensure the child can sleep in a comfortable temperature - blankets or thermal sleeping bag can be used (with liner)
- Ensure that an adult can see the child sleeping (use of baby monitor if appropriate)
- Ensure the child is checked every 10 minutes

Procedure - Going to sleep

- The sleeping area should be set up & checked for suitability before approaching the child
- As per a child's care plan, or if a child is showing signs of needing to sleep, staff will offer the sleep to the child
- The child & staff member will go to the changing area if a nappy change is required - staff should communicate this with the team
- The child & staff member should go to the sleeping area with the child's blankets & comforters as needed - staff should communicate this with the team
- Staff should support child to undress their outdoor clothing - ensuring independence is enabled wherever necessary
- Depending on the temperature of the area will depend on how many layers a child will need to undress
- Staff should support child getting into the sleep position - getting into hammock, getting comfortable on the bed cot etc
- Staff should soothe or comfort the child to sleep as needed - stroking their head, rubbing their back - this will be determined by knowledge of the child's sleeping routine

Procedure - Child is asleep

- Staff should make a record of the time child fell asleep
- Staff should frequently check up on the child - every ten minutes or more frequently if child is unwell (blocked nose, cough etc)
- Each check should be recorded (ie on the INM Wellbeing App)

Procedure - Child is awake

- If a child needs awoken based on their care plan, staff should do so in a gentle way
- Children may take a short while to fully wake up
- Once awake, the time should be noted
- Staff should help child get redressed - remembering to promote independence where appropriate
- Staff should return child to the play area
- Staff should update the sleep recording (ie the INM Wellbeing App) with time child woke up
- Child's bedding and comforters should be returned to their bag
- Sleep cots/mats should be wiped down with general cleaning spray and thoroughly dried with paper towel