Appendix 1 Hayes Meadow Sleep Check record

Date:		Initial when sleep check completed (every 10 mins).									Record the time the child wakes
Name	Time child fell asleep										

Remember to check:

- Child is breathing
- Airways clear/nothing blocking child's face
- Loose blankets offered to children, kept below shoulder
- Child in comfortable, safe sleeping position
- Check the 'rise and fall' of child's chest
- Child safe pillow only, no loose cushions around child
- Children sleeping sleep mat
- Monitor Room temperature/Child temperature

All children's individual bedding – to be stored in individual bags after use. Washed weekly. For more information – refer back to the advice and guidance from the Hayes Meadow Safer Sleep Guidelines and Safer Sleep Awareness.

