

R381-100-22. REST AND SLEEP.

This section explains the rules regarding children’s rest and sleep in a child care program. The section also explains the rules that apply to sleeping equipment used by children in care. This includes sleeping equipment that is used during child care hours by the provider’s and caregivers’ own children younger than 4 years old.

Rest and Sleep

- (1) The provider shall offer children in care a daily opportunity for rest or sleep in an environment with subdued lighting, a low noise level, and freedom from distractions.

Rationale/Explanation

Studies suggest that sleep is essential for the optimal health and growth of children. [The Centers for Disease Control and Prevention \(CDC\)](#) makes the following recommendations.

Age Group	Recommended Hours of Sleep Per Day
Newborn: 0-3 months	14-17 hours
Infant: 4-12 months	12-16 hours
Toddlers: 1-2 years	11-14 hours
Preschool: 3-5 years	10-13 hours
School Age: 6-12 years	9-12 hours
Teen: 13-18 years	8-10 hours

Conditions conducive to sleep and rest for younger children include a consistent caregiver, a routine quiet place, regular times for rest, and use of routines and safe practices. Most preschool-aged children in all-day care benefit from scheduled periods of rest. This rest may take the form of actual napping, a quiet time, or a change of pace between activities. The times and duration of naps will affect behavior at home. CFOC 4th ed. Standard 3.1.4.4 p.p. 106.

According to the CDC, children who do not get enough sleep are more likely to:

- Be overweight.
- Not get enough physical activity.
- Suffer from depressive symptoms.
- Engage in unhealthy risk behaviors such as drinking alcohol.
- Perform poorly in school.

Compliance Guidelines

Children who do not nap must be given an opportunity to rest by doing a quiet activity such as reading, coloring, puzzles, mindfulness or another calm activity during the day.

Risk Level

Low

Corrective Action for 1st Instance

Warning

(2) The provider shall not schedule nap or rest times for more than two hours a day.

Rationale/Explanation

Nap or rest times are crucial for the well-being of every child. However, prolonged inactivity would be detrimental to their health. There must be other activities offered to children to support their physical, social, emotional, cognitive, and language development.

Compliance Guidelines

Nap or rest times may not be scheduled for more than two hours so that children are not forced to stay still or remain in a quiet time when they are no longer tired or in need of rest. However, children who are tired may sleep more than the two-hour rest time.

Risk Level

Low

Corrective Action for 1st Instance

Warning

Sleeping Equipment

The following guidelines apply to the assessment of sleeping equipment:

- Sleeping equipment includes cots, mats, cribs, bassinets, cradles, porta-cribs, playpens, play yards, and beds.
- Sleeping equipment that will not be inspected includes:
 - Equipment where an infant or child is sleeping at the time of the inspection unless the equipment can be assessed without waking the child. For example, observing whether the

equipment blocks an exit or is free of entanglement or strangulation hazards would generally not disturb a sleeping child.

- Sleeping equipment that is identified as never being used by children in care.
- Cribs that are used only for evacuation in the case of an emergency and are never used by children for any other purpose.
- A crib that has been converted into a toddler bed. If it is converted back to a crib, it must pass a CCL inspection.

(3) The provider shall use a separate crib, cot, mat, or other sleeping equipment for each child during nap times.

Rationale/Explanation

Facilities should have an individual crib, cot, sleeping bag, bed, mat, or pad for each child who spends more than four hours a day at the facility. No child should simultaneously share a crib, bed, or bedding with another child. CFOC 4th ed. Standard 5.4.5.1 p.p. 268.

Compliance Guidelines

This rule does not apply to children age two years old and older who may fall asleep outside of the scheduled nap time.

Risk Level

Moderate

Corrective Action for 1st Instance

Citation Warning

(4) The provider shall keep sleeping equipment in good repair, including that mats and mattresses have smooth, waterproof surfaces.

Rationale/Explanation

When pads are used, they should be enclosed in washable covers and should be long enough so the child's head or feet do not rest off the pad. Mats and cots should be made with a waterproof material that can be easily washed and sanitized. CFOC 4th ed. Standard 5.4.5.2 p.p. 268.

Compliance Guidelines

- Examples of sleeping equipment in disrepair include an unstable crib, a crib with missing slats or a broken railing, or a porta-crib with a hole greater than 2½ inches in diameter in any of the mesh sides.
- To ensure that they are in good repair with smooth, waterproof surfaces, sleeping mats or crib mattresses should not have cracks or tears on the side a child sleeps on. One side of a mat or mattress can be repaired with duct tape as long as children do not sleep on the taped side

and the mats or mattresses are not stored on top of each other.

Risk Level

Moderate

Corrective Action for 1st Instance

Citation Warning

(5) The provider shall ensure that each crib:

- (a) has a tight-fitting mattress;
- (b) has slats spaced no more than 2-3/8 inches apart;
- (c) has at least 20 inches from the top of the mattress to the top of the crib rail, or at least 12 inches from the top of the mattress to the top of the crib rail if the child using the crib cannot sit up without assistance;
- (d) does not have strings, cords, ropes, or other entanglement hazards on the crib or within reach of the child; and
- (e) has documentation from the manufacturer or retailer stating that the crib was built after June 28, 2011, or that the crib is certified if the crib was manufactured before that date.

Rationale/Explanation

Caregivers/teachers should never use strings to hang any object, such as a mobile, or a toy or a diaper bag, on or near the crib where a child could become caught in it and strangle (2). Infant monitors and their cords and other electrical cords should never be placed in the crib or sleeping equipment. Crib mattresses should fit snugly and be made specifically for the size crib in which they are placed. Infants should not be placed on an inflatable mattress due to potential of entrapment or suffocation CFOC 4th ed. Standard 5.4.5.1 p.p. 270.

More infants die every year in incidents involving cribs than with any other nursery product. Standards have been developed to define crib safety, and providers should make sure that cribs used in the facility meet these standards to protect children and prevent injuries or death. Significant changes to the ASTM and CPSC standards for cribs took effect as of June 28, 2011. For information about CPSC recommendations visit "[Safe Sleep - Cribs and Infants Products Information Center](#)".

Compliance Guidelines

Tight-fitting mattress

- To determine if a crib has a tight-fitting mattress
 - Move the mattress to one corner of the crib and as close as possible to the head or foot of the crib.
 - If this creates a gap between the mattress and any side of the crib, place a choke tube (or

if unavailable, two adult fingers together) vertically at the widest point of each gap. If the tube fits entirely between the crib side and the mattress, the mattress is not tight fitting.

- A firm material such as wood may be added to a crib frame to create a tight-fitting mattress, as long as the material is flush with the top of the mattress.
- It is a rule violation if any item such as a blanket, eggshell mattress, or foam is wedged in between the mattress and the crib frame.

Height of crib rail from mattress

- It is out of compliance if:
 - One end of a mattress is propped up making the distance between that end of the mattress and the top of the crib railing less than 20 inches.
 - A hinged crib side is folded down and not in the up position resulting in a measurement that is less than 20 inches from the mattress to the top of the crib side. It is out of compliance even if a caregiver is next to the crib.

Entanglement Hazards

- No strings, cords, ropes, or other entanglement or strangulation hazards must be on or in the crib, or within 36 inches of any part of the crib.
- It is a rule violation if any strings or cords are longer than 8 inches and are in or on the sleeping equipment, or within 36 inches from the surface of the sleeping equipment. This includes pacifier cords, mobiles hanging over a crib, and electrical cords that might be on furniture or the floor next to the crib.

Manufacturing Date

- To ensure the crib was built after June 28, 2011:
 - Look at the manufacturing date on the crib or the registration form that may have been supplied when the crib was purchased.
 - The manufacturing date can be found usually on the board that holds the mattress or on the lower part of the crib frame.
 - A purchase receipt is not adequate documentation.
 - Confirm that the label or form shows the crib was manufactured on or after June 28, 2011.
- Verify that the crib is not on the [CPSC Recall List](#).
- If a provider believes the crib meets federal standards but does not have a manufacturing date or registration form, the provider may:
 - Contact the manufacturer or retailer and ask for documentation that the crib is in compliance with 16 CFR Part 1219 or 16 CFR Part 1220.
 - Submit the documentation to CCL before using the crib to sleep children in care.

Risk Level

Moderate

Corrective Action for 1st Instance

Citation Warning

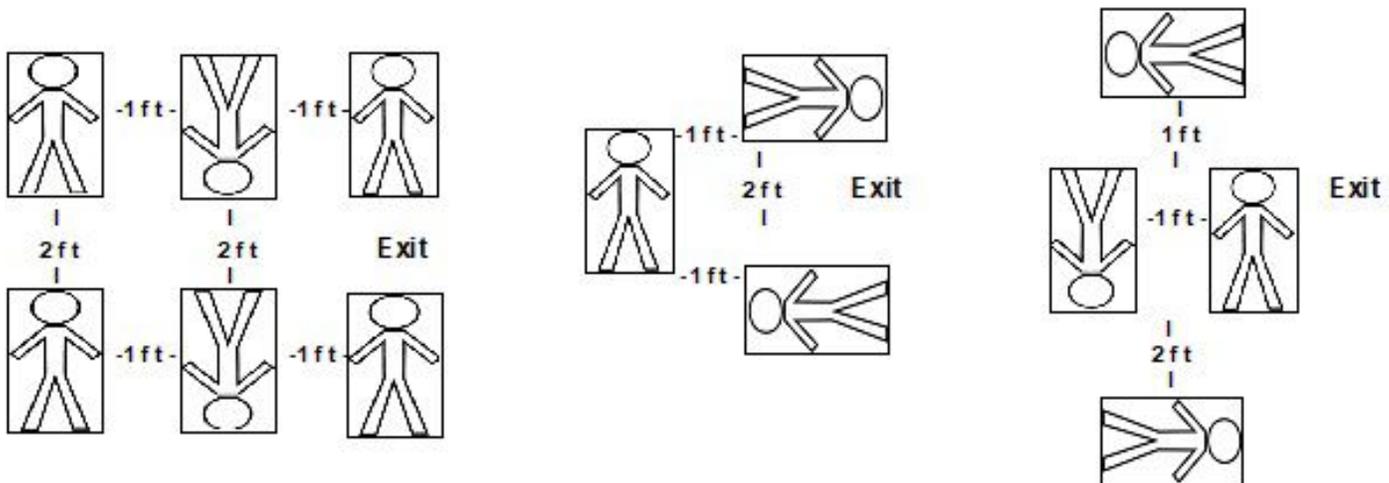
(6) When in use, the provider shall place sleeping equipment such as cribs, cots, and mats at least two feet apart.

Rationale/Explanation

If the room used for sleeping cannot accommodate three feet of spacing between children, it is recommended for caregivers/teachers to space children as far as possible from one another and/or alternate children head to feet. CFOC 4th ed. Standard 5.4.5.1 p.p. 269.

Compliance Guidelines

- If there is not enough room to place the sleeping equipment 2 feet apart, some sides of the equipment may be placed one foot apart if:
 - There is at least a 2-foot-wide, clear pathway from each piece of sleeping equipment to the exit, and
 - Children are positioned in a way that maintains at least a 2-foot distance between their faces. This may be accomplished by positioning the children head to toe.
- The following diagrams illustrate a few possible arrangements of sleep equipment.



- Cribs may be spaced end to end if the end of the crib is solid (wood, plexiglass, etc.), so children do not breathe on each other. Porta-cribs may be placed side by side with a barrier between each crib if the ends are the same height as the sides. In this case, 2 feet will not be required between the cribs since the provider has access to the child and the barrier is preventing children from breathing on each other.

Risk Level

Moderate

Corrective Action for 1st Instance

Citation Warning

(7) The provider shall ensure that sleeping equipment does not block exits.

Rationale/Explanation

Unobstructed access to exits is essential to prompt evacuation. CFOC 4th ed. Standard 5.1.4.3 p.p. 220.

Compliance Guidelines

- Sleeping equipment may be placed in front of a door or opening to a room, as long as there is at least one other doorway from the room that is not blocked and could be used in an emergency.
- Sleeping equipment may not block exits even when it is low and can be stepped over.
- Sleeping equipment must be far enough away from a door that if the door were to open inward, there would be enough clearance for the door to fully open (or swing 180 degrees).

Risk Level

Moderate

Corrective Action for 1st Instance

Citation Warning

(8) The provider shall make a sheet and blanket or acceptable alternative available to each child 12 months or older during nap time, and ensure that these items are:

- (a) clearly assigned to one child;
- (b) stored separately from other children's bedding; and
- (c) laundered as needed, but at least once a week, and before use by another child.

Rationale/Explanation

No child should sleep on a bare, uncovered surface. Seasonally appropriate covering, such as sheets, sleep garments, or blankets that are sufficient to maintain adequate warmth, should be available and should be used by each child below school-age. Pillows, blankets, and sleep positioners should not be used with infants. If pillows are used by toddlers and older children, pillows should have removable cases that can be laundered, be assigned to a child, and used by that child only while s/he is enrolled in the facility. (Pillows are not required for older children.) Each child's pillow, blanket, sheet, and any special sleep item should be stored separately from those of other children. CFOC 4th ed. Standard 5.4.5.1 p.p. 268-269.

Scabies and ringworm are diseases transmitted by direct person-to-person contact. For example, ringworm is transmitted by the sharing of personal articles such as combs, brushes, towels, clothing, and bedding. Prohibiting the sharing of personal articles helps prevent the spread of diseases. CFOC 4th ed. Standard 5.4.5.1 p.p. 269.

Compliance Guidelines

- A sheet and blanket or acceptable alternative must be made available to the children. However, children do not need to cover themselves (including their heads) with these items or use them if the children choose not to.
- Swaddling a child with a blanket will be considered an acceptable alternative to a sheet and blanket.
- A sleeping bag will be considered an acceptable alternative to a sheet and blanket.
- When bedding is stored in a bin, bag, or cubby that is labeled with a child's name, it is considered assigned to an individual child.
- Mats or cots may be clearly assigned to one child by labeling with each child's name, by identifying each child's mat or cot with a number or color code, or by labeling the container where the mats or cots are stored.

Risk Level

Moderate

Corrective Action for 1st Instance

Citation Warning when equipment is not cleaned and sanitized as needed or at least weekly

Risk Level

Low

Corrective Action for 1st Instance

Warning otherwise

- (9) The provider shall clean and sanitize sleeping equipment that is not clearly assigned to and used by an individual child before each use.**

Risk Level

Moderate

Corrective Action for 1st Instance

Citation Warning

- (10) The provider shall:**

- (a) store sleeping equipment in a way the surfaces children sleep on do not touch each other; or**
- (b) clean and sanitize sleeping equipment before each use.**

Rationale/Explanation

From time to time, children drool, spit up, or spread other body fluids on their sleeping surfaces. Using cleanable, waterproof, nonabsorbent rest equipment enables the staff to wash and sanitize the sleeping surfaces. CFOC 4th ed. Standard 5.4.5.1 p.p. 269.

Compliance Guidelines

Cots may be stacked when the sleeping surfaces do not touch each other.



Risk Level

Moderate

Corrective Action for 1st Instance

Citation Warning