



Sleep and Rest Time Check



Time Check Interval: Every 10 minutes

Date: 22/04/19 to 26/04/19

Day	AM/PM SIGN	AM/PM SIGN	AM/PM SIGN	AM/PM SIGN	AM/PM SIGN	AM/PM SIGN	AM/PM SIGN	AM/PM SIGN	AM/PM SIGN	AM/PM SIGN	AM/PM SIGN	AM/PM SIGN	AM/PM SIGN	AM/PM SIGN	AM/PM SIGN	AM/PM SIGN
Monday - AM	9:00 Lorina	9:10 Lorina	9:20 Lorina	9:30 Lorina	9:40 Lorina	9:50 Lorina	10:00 Lorina	10:10 Lorina	10:20 Lorina	10:30 Lorina	10:40 Lorina	10:50 Lorina	11:00 Lorina	11:10 Lorina	11:20 Lorina	11:20 Lorina
Monday - PM	1:00 Lorina	1:10 Lorina	1:20 Lorina	1:30 Lorina	1:40 Lorina	1:50 Lorina	2:00 Lorina	2:10 Lorina	2:20 Lorina	2:30 Lorina	2:40 Lorina	2:50 Lorina	3:00 Lorina	3:10 Lorina	3:20 Lorina	3:30 Lorina
Tuesday - AM	9:00 Lorina	9:10 Lorina	9:20 Lorina	9:30 Lorina	9:40 Lorina	9:50 Lorina	10:00 Lorina	10:10 Lorina	10:20 Lorina	10:30 Lorina	10:40 Lorina	10:50 Lorina	11:00 Lorina	11:10 Lorina	11:20 Lorina	11:20 Lorina
Tuesday - PM	1:00 Lorina	1:10 Lorina	1:20 Lorina	1:30 Lorina	1:40 Lorina	1:50 Lorina	2:00 Lorina	2:10 Lorina	2:20 Lorina	2:30 Lorina	2:40 Lorina	2:50 Lorina	3:00 Lorina	3:10 Lorina	3:20 Lorina	3:30 Lorina
Wednesday - AM	9:00 Lorina	9:10 Lorina	9:20 Lorina	9:30 Lorina	9:40 Lorina	9:50 Lorina	10:00 Lorina	10:10 Lorina	10:20 Lorina	10:30 Lorina	10:40 Lorina	10:50 Lorina	11:00 Lorina	11:10 Lorina	11:20 Lorina	11:20 Lorina
Wednesday - PM	1:00 Lorina	1:10 Lorina	1:20 Lorina	1:30 Lorina	1:40 Lorina	1:50 Lorina	2:00 Lorina	2:10 Lorina	2:20 Lorina	2:30 Lorina	2:40 Lorina	2:50 Lorina	3:00 Lorina	3:10 Lorina	3:20 Lorina	3:30 Lorina
Thursday - AM	9:00 Lorina	9:10 Lorina	9:20 Lorina	9:30 Lorina	9:40 Lorina	9:50 Lorina	10:00 Lorina	10:10 Lorina	10:20 Lorina	10:30 Lorina	10:40 Lorina	10:50 Lorina	11:00 Lorina	11:10 Lorina	11:20 Lorina	11:20 Lorina
Thursday - PM	1:00 Lorina	1:10 Lorina	1:20 Lorina	1:30 Lorina	1:40 Lorina	1:50 Lorina	2:00 Lorina	2:10 Lorina	2:20 Lorina	2:30 Lorina	2:40 Lorina	2:50 Lorina	3:00 Lorina	3:10 Lorina	3:20 Lorina	3:30 Lorina
Friday - AM	9:00 Lorina	9:10 Lorina	9:20 Lorina	9:30 Lorina	9:40 Lorina	9:50 Lorina	10:00 Lorina	10:10 Lorina	10:20 Lorina	10:30 Lorina	10:40 Lorina	10:50 Lorina	11:00 Lorina	11:10 Lorina	11:20 Lorina	11:20 Lorina
Friday - PM	1:00 Lorina	1:10 Lorina	1:20 Lorina	1:30 Lorina	1:40 Lorina	1:50 Lorina	2:00 Lorina	2:10 Lorina	2:20 Lorina	2:30 Lorina	2:40 Lorina	2:50 Lorina	3:00 Lorina	3:10 Lorina	3:20 Lorina	3:30 Lorina

- ➡ Check to see each child is breathing and faces are uncovered.
- ➡ Ensure baby monitors are working at all times.
- ➡ Necklace/bracelets are removed from child before sleeping.
- ➡ Heaters switched off, room maintained at appropriate temperature.

