

This text is about the right principles when we are asleep in the night - time. I want to speak about a group of children from birth to six years old. In the first chapter I write about sleep physiology. It is very important because it can show why the bed – time is indispensable. In the second chapter I speak about different periods of child 's evolution. I define sleep and how the different phases are followed. The next important chapter includes ten rules for drowse. It is: sureness and safety, rhythm and little corner, calm atmosphere and rituals, authority and limits, protection for temporal environment, daily and nightly sleep and their differences, the contact, self – asserting for parents and unity, fears of the situation, different necessities of drowse.

In the practical part I speak about two kinder - gardens and try to note observation into those schools. In these schools I evaluate how teachers approach to children when they have to sleep. I want to know if they respect the rule for a good sleep. In the end I collect all information and infer ending.