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# my job requires me to do sleep ins.

## what does this mean?

This means that as a required part of your contract of employment you will be part of a rota to sleep over night at your normal place of work and be available to respond to emergency situations.

## do I have a choice not to do this?

No, it is a contractual requirement of your post, clearly identified within the job profile requirements and it is therefore non-negotiable.

## payments I can claim.

### sleep in payments (from April 2025)

#### i. non disturbed periods of sleep in

for the time that you are not disturbed (not working) you are paid the Scottish Local Government living wage and a % payment for the leave entitlement which is currently £ 14.14 per hour.

### sleep in payments (from April 2025)

#### ii. disturbed periods of sleep in

for the time on the sleep-in period that you are disturbed (required to work) you are paid the Scottish Local Government living wage, a % payment for the leave entitlement and the hourly rate equivalent of distant islands allowance which is currently £ 15.63 per hour.