

# Rest and Sleep Policy



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## Version Control

Version	Last Modified	Last Modified By	Document Changes

*Developing the roots to grow and wings to fly*

## 1. Introduction

All pre-school children, particularly the two-year-olds within our setting, can become very tired throughout the day and need opportunities to rest or sleep. Every child's needs are different, so we provide flexible routines that allow children to rest or nap whenever they need to. This may include adapting routines, such as offering lunch later if a child is asleep during mealtime. Supporting children to get the sleep they need is extremely important, and we prioritise and facilitate this within our setting. This policy outlines the procedures, responsibilities, and standards required to promote safe sleeping practices in line with guidance from the NHS, the Lullaby Trust, and the EYFS statutory framework.

Our staff understand the importance of sleep and recognise that each child has their own individual needs, which may change as they grow and develop. Children within our pre-nursery are encouraged to communicate with staff when they feel tired or need to rest.

Children are:

- Put on their backs to sleep
- Placed on a sleep mat
- Kept well-ventilated and not too hot
- Given a comforter if needed
- Not left with a bottle unattended on a sleep mat
- Not left to cry
- Supported to sleep by an adult
- Not woken before 60 minutes sleep (unless parents have asked for a shorter period of time but always putting the child's needs first).

## 2. Aims

This policy aims to:

- Promote a safe, calm, and responsive sleep environment for all two-year-olds, 3-4 year olds in our current Nursery as well any children in Reception who may fall asleep.
- Ensure all staff understand and consistently follow safe sleep practices.
- Respect each child's individual sleep needs, routines, and comfort preferences.
- Work in partnership with parents to support children's sleep both at home and in Early Years.
- Ensure sleep procedures are risk assessed, monitored, and regularly reviewed.

## 3. Comforters and Blankets

As part of the information we give to all new parents, we ask that children bring any personal comforters or soothers they use at home. We also ask parents to provide their child with a clean blanket of their own. This blanket will be sent home with the child at the end of the week for laundering, unless the child is ill or has had an accident that requires the blanket to be cleaned before the week is over. Blankets will not be shared with other children within the setting.

## 4. Parental and Staff Involvement and Communication

When a child joins our pre-nursery, their key worker will talk with parents about the child's usual nap or sleep routine and any comfort items they prefer. Parents are asked to update staff about any changes to their child's sleep patterns, and staff will share relevant information with parents in return.

All sleep times are recorded accurately on the sleep monitoring sheet. Staff document the time the child fell asleep, time woke, and any comments. Any concerns, incidents, or unusual sleep behaviour must be reported to the pre-nursery leader/EYFS Lead and documented.

Checking a child whilst sleeping will involve:

- Ensuring they are not too hot or cold
- Placing a gentle hand on the child's chest to check they are breathing or putting the back of their hand near the child's mouth to feel for breath
- Ensuring the child is not tangled in the sheet/blanket.
- Making sure the child has not been sick.

## 5. The Sleeping Area, Hygiene and Safeguarding

The sleep area is located in a quiet, calm part of the pre-nursery, away from bright light and busy activities. Children are encouraged to use this space whenever they need sleep or a quiet rest with a book or comforter. All staff must be informed when a child is sleeping, and regular checks must be carried out. When children are sleeping, a monitor will be set up in the room so staff can clearly always see and supervise the children. A member of staff will always remain close by, and visitors to the school are not permitted to enter the sleep area unless accompanied by pre-nursery staff.

After each use, bed mats and sleep surfaces will be cleaned with anti-bacterial spray to maintain high hygiene standards. All bedding provided by school including fitted sheets will be washed regularly by the setting, and any blankets provided by parents will be sent home to be washed.

## 6. Safe Sleep Practices

Staff must follow these safe sleep practices at all times:

- Children sleep on their backs unless medically advised otherwise (with written confirmation).
- Sleep spaces remain clutter-free and free from loose items.
- Children are only ever to be placed on the bed mats on their backs.
- Staff ensure children do not overheat; layers are adjusted as needed.
- Staff check on children every 10 minutes by placing their hand on their chest. If using monitor then staff should check on children every 5 minutes by placing hands on their chest.

## 7. Risk Assessment

- A full risk assessment of sleep spaces and sleep procedures is carried out.
- The risk assessment considers environment, equipment, hygiene, supervision, and staff practice.
- The Manager/EYFS Lead ensures any identified risks are managed immediately.

## 8. Training

- All staff receive training in safe sleep practices during induction.
- Ongoing refresher training is provided to ensure consistent understanding.
- All staff are required to hold up-to-date Paediatric First Aid (PFA).