



# Sleep Policy

Policy Version 1.0  
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## **1. Statement of Commitment**

The safety and wellbeing of babies and children during sleep is our highest priority. Our procedures follow guidance from The Lullaby Trust and Public Health England to reduce the risk of sudden infant death syndrome (SIDS).

All sleeping children are frequently checked and their sleep environment is maintained in line with EYFS 2025 standard 3.84.

## **2. Individual Sleep Routines**

As part of each child's introduction to the nursery, staff will gather information about their personal sleep and rest routines.

- Staff will discuss individual needs with parents/carers. Adjustments to sleep times may be required to ensure safe staffing and appropriate sleep areas.
- All staff undertake annual safeguarding training and methods for comforting or supporting children are regularly reviewed.
- Between 12:30pm and 2:30pm the nursery operates a 'quiet time', offering rest opportunities or low-energy activities such as circle time, stories, role play and small-group games.
- A dedicated cosy corner is available for children who need quiet rest throughout the day.

## **3. Safe Sleep Practice**

- A member of staff is always present when children are sleeping or resting.
- Babies must be placed to sleep on their backs, with feet positioned at the bottom of the cot.
- Parents should discuss any medical needs, emotional needs or sleep-training plans with the Key Person and Nursery Coordinator.
- Rooms are well ventilated and kept between 16–22°C where possible. Air conditioning is used in hot weather, and thermometers are used to monitor temperature.
- Light bedding may be used if needed. It will be securely tucked in and no higher than the baby's shoulders.

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- Cots are positioned away from windows.
- Only safety-approved, firm, flat mattresses are used. Any mattress showing signs of damage is removed immediately.
- Mattresses are routinely checked, cleaned, turned and aired
- Bedding is changed after every sleep.
- Children are not put to sleep in car seats or pushchairs.
- Staff will not force a child to sleep or stay awake. Rest is encouraged but not enforced.

#### **4. Setting Children to Sleep**

- Each child's sleep routine is discussed with parents/carers and recorded.
- Comfort items such as muslins, comforters or dummies should be provided from home and kept with the child's belongings.
- If a dummy falls out during sleep, staff will not replace it unless the child wakes.
- Children may be settled by staff unless parents request that the child settles independently.
- If a child settles themselves, staff will remain close by.
- Soothing music may be played where appropriate.
- Children will not be given bottles of milk in a cot or on a mat bed as a settling aid.

#### **5. Safe Sleep Checks**

- Sleeping children are monitored every 10–15 minutes and checks are recorded in our secure parent communication app, 'Nursery in a Box'.
- Staff will ensure each child maintains a safe sleep position and is not tangled in bedding and is not too hot or cold.
- Breathing is checked by placing a gentle hand on the child's chest or by positioning the back of the hand near the child's mouth.