Sleep and Rest Policy

Policy Statement

We recognise that rest and sleep are essential to children's health, wellbeing, development and ability to learn. We are committed to providing a calm, safe and supportive environment where children can rest or sleep according to their individual needs.

This policy outlines how we support children's sleep and rest safely, respectfully and in partnership with parents.

Aims of the Policy

This policy aims to ensure that:

- Children's individual sleep and rest needs are met
- Children are supervised at all times while resting or sleeping
- Safe sleeping practices are followed
- Parents are fully informed and involved in decisions about sleep
- EYFS welfare requirements are met

Sleep and Rest Arrangements

Children are offered opportunities to rest or sleep according to their age, stage of development and individual needs.

Rest and sleep are never forced. Children who do not sleep are supported with quiet, calm activities appropriate to their needs.

Sleep routines are flexible and responsive and take account of:

- Information from parents
- Children's usual routines at home
- Changes in routine or wellbeing

Safe Sleep Practice

We follow safe sleep guidance at all times.

Children who sleep:

- Are placed on their backs unless medical advice states otherwise
- Sleep on firm, flat, clean, waterproof mattresses
- Use clean bedding provided by the setting when appropriate
- Hats, hoods, bibs and head coverings are removed before sleep

Babies under 12 months will not sleep with any loose bedding, pillows, duvets or soft toys

- Corrected age is taken into account when applying practise for children over 12 months (they must be 12 months+ corrected)

Sleeping children are:

- Checked regularly
- Supervised by staff at all times
- Sleeping children are always within sight and hearing of staff
- Sleep checks are recorded where required.
- Children are monitored for breathing, colour and general wellbeing

Sleeping in a Buggy

- Buggies are only used for sleep if they are fully reclined (lay–flat)
- Children are securely fastened using appropriate harnesses
- Children are under direct supervision at all times
- Children will be transferred to a cot where appropriate

Environment

The sleep and rest environment is:

- Calm and quiet
- Comfortable and well–ventilated
- Appropriately lit
- Room temperature is maintained between approximately 16—20˚C where possible

Cots, mats and sleep equipment are:

- Age appropriate
- Cleaned regularly
- Checked for safety

Babies under 12 months are always placed to sleep in a cot in line with safer sleep guidance.
Only children more than 12 months old (corrected will be allowed to sleep on a mat)
Babies are placed on their back to sleep. Once a baby can roll both ways independently, they may be left in the position they move into themselves

For children sleeping in cots parents are asked to provide a suitable, well fitting sleep sack for their child, staff carry out safety checks before use to ensure it meets the safe sleep guidance.

Staff Responsibilities

Staff are responsible for:

- Following safe sleep procedures
- Supervising children at all times
- Carrying out and recording sleep checks
- Responding promptly if a child wakes or needs reassurance
- Respecting children's individual needs

Staff do not sleep or rest while supervising children.

Partnership with Parents

We work closely with parents to ensure consistency between home and the setting.
Parents are asked to:

- Share information about their child's sleep routines
- Inform staff of any changes or concerns
- Provide written guidance where specific sleep arrangements are required

Any concerns about a child's sleep are discussed sensitively and respectfully with parents.

Children Who Do Not Sleep

Children who do not sleep are supported with:

- Quiet play
- Calm activities
- Opportunities to relax

These children are supervised and supported in a way that does not disturb others who are sleeping.

Health and Welfare

Sleep and rest practices are reviewed if:

- A child's needs change
- There are medical concerns
- Parents request adjustments

Where necessary, advice may be sought from health professionals with parental consent.

Record Keeping

Records may include:

- Sleep times
- Any concerns or incidents

Records are stored securely and shared with parents as appropriate.

Monitoring and Review

Management monitors sleep and rest practices to ensure:

- Children's needs are met
- Staff follow procedures consistently
- EYFS requirements are met

This policy is reviewed annually or sooner if guidance changes.

Legal and Guidance Framework

- EYFS Statutory Framework (2024/2025)
- Health and Safety at Work Act 1974
- Working Together to Safeguard Children (2023)
- NHS safe sleep guidance

Signed: _____

Position: Manager

Date: _____