



Sleep Policy

School Division: Nursery

Policy Division: EYFS

Policy Owner: Head of Nursery

Date: January 2023

This policy informs practice in the Early Years Foundation Stage

The safety of babies' and small children sleeping is paramount. Our policy follows the advice provided by The Cot Death Society and Lullaby Trust (Public Health England) to minimise the risk of Sudden Infant Death.

All parents or carers will have an induction meeting with their child's 'Room Lead' before they start Nursery. This includes 'settling in' visits. Part of the introduction to Nursery is to gain knowledge of each child's individual routine and their sleep and rest time periods. Staff will discuss the individual needs and requirements of each child to ensure their rest routine where possible mirrors that of home-life.

Each class will follow the guidance outlined below.

Safe Sleeping Guidance:

- The Nursery has a 'Sleep Chart' document and children are monitored every 10 minutes during their sleep time. This is signed by the member of staff at each check.
- All children's mouths are checked before going to sleep.
- All sleeping areas are well ventilated, with room's temperatures of 16-22c (recommended guidelines), However this may be higher during the summer months, where fans will be used to try to regulate temperature. There is air conditioning in the Sleep Room. There is a thermometer in the Sleep Room and in each room where children sleep. This is to ensure temperatures are monitored. Information from these will be used to report temperature concerns to the Site Team.
- Children sleep in cots, sleep pods or on sleep mats as discussed with the parent or carer.
- Children are placed to sleep in the cot on their back with their feet at the bottom of the cot/ mat.
- Children are placed on their backs to sleep, if a baby has rolled onto their tummy, they will be turned onto their back again. However, once a baby can roll from back to front and back again, on their own, they will be left to find their own position
- Light bedcovers may be used if appropriate and are firmly tucked in and no higher than the baby's shoulders, thus preventing them wriggling under the cover.
- The gaps between the bars of the cots are less than 6.5cm (SIDS guidance).

- Mattresses are regularly checked for any signs of damage. Mattresses are regularly turned and aired.
- The children in the Sleep Room are assigned a cot and keep their bedding. Their bedding is changed on the last day that they attend of the week.
- Children who sleep on mats or in the sleep pods have their own designated sleep basket with their bedding in and this is washed on a weekly basis. The sleep mats and sleep pods are cleaned daily.
- All spaces around cots, pods and mats are kept clear from hanging objects i.e. hanging cords, drawstring bags.
- Any child who falls asleep whilst being nursed by a member of staff will be transferred to a safe sleeping surface to complete their rest.
- On a walk, any child who falls asleep will be laid flat in their pram / pushchair and be checked every ten minutes.
- Only one child will be in a cot, a sleep pod, or on a sleep mat at a time unless children are being evacuated in an emergency or during a fire drill (in the evacuation crib).

Safe Sleeping Checks: Whilst Sleeping

- Staff will check sleeping children to ensure they are sleeping in a safe position and not tangled in a sheet / blanket.
- The child's breathing will be checked by placing a gentle hand on the child's chest or by putting the back of their hand near the child's mouth to feel for breath.
- Staff will ensure children are not too hot or too cold.

Settling Sleepers:

- The child's sleeping routine is discussed with the parent or carer and documented (i.e., length of sleep, position of sleep).
- Comforters, muslins, dummies where required should be provided from home and these will be stored with each child's personal belongings.
- If a child has a dummy and this should fall from their mouth during their sleep, the member of staff will not put it back into the mouth unless the child wakes.
- A child will be settled by a member of staff unless the parent or carer requests, they settle themselves in a cot or sleep pod.
- Staff will sit with a child and pat / stroke their stomach or back or stroke side of face as requested by the parent or carer. However if a child is not asleep within 20 minutes they are to go back into their class.
- Staff attend annual safeguarding training and appropriate methods of comfort are regularly reviewed.
- Where appropriate soothing music may be played.
- The Nursery will not allow a child to consume milk from a bottle, in a cot, sleep pod or sleep mat as a soother for settling to sleep.
- From 12 months onwards and when they are ready, the child will begin to sleep in a pod bed or on a sleep mat. Culturally, some children prefer the sleep pods in the Caterpillars room because they are used to having noise around them and find it difficult to sleep in the quiet Sleep Room.

Rest Time:

- Each class has a 'cosy corner' area for children to have periods of rest when they require.
- Most children by the time they reach Dragonflies and Damselflies (3-4yrs), tend not to have an afternoon sleep. However, if a child requires a sleep, staff will arrange for them to sleep in their own classroom on a sleep mat.

Written by: Manager of Nursery

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