



# Sleep Policy

## Calcot Infant, Nursery and Junior Schools

### 1. Document Control

Adopted / Adopted and Adapted / Schools own: **Schools own**

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Review period: **Triennial**

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Responsible committee: **Curriculum**

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Statutory: **No**

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Required on website: **No**

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Ratified by committee: **July 2025**

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Review due: **July 2028**

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Chair of Governors' signature: **Mrs Julia Kidd**

### 2. Change History

Version	Date	Amendment or No Change
1	2025 July	Created

### 3. Website

Version	Date
1	2025 July

# Calcot Nursery

## Safe Sleeping Policy

### Purpose

Calcot Nursery ensures that all children receive the rest and sleep that they need during the nursery day and regard it to be a highly important part of their personal and developmental needs.

This policy outlines the safe sleeping practices in place for children aged 2 years within our setting. The safety, well-being, and comfort of each child during rest periods are our highest priority.

### Sleeping arrangements

- Children will sleep on floor beds that are set up daily before nap time, ensuring a clean and calm environment.
- Nap time will occur after lunch, typically around the same time each day to maintain a consistent routine.
- Each child will have their own set of bedding, which will be labelled and stored individually.
- Bedding will be washed weekly to ensure high standards of hygiene are maintained.
- We will maintain clean and hygienic sleeping areas through daily cleaning practices and regular monitoring. Sleep mats will be cleaned using antibacterial spray after each use.
- Sleep mats and all bedding will be checked before each use to ensure they are in good working order and staff will report any wear and tear promptly so that mats or bedding can be replaced.
- Children will be invited to bring a comforter (e.g. blanket, soft toy) from home if it helps them feel secure during rest time.
- Familiar staff will settle children for their sleep to provide comfort and emotional security.
- Older children who no longer need to sleep during the day will still have access to a calm, quiet area where they can rest or engage in low-stimulation activities.

### Parental consultation

- Prior to a child starting nursery, staff will discuss sleep routines and needs with parents and carers to ensure individual preferences and requirements are understood and respected.
- Children's individual sleep routines will be reviewed and updated regularly in partnership with parents/carers to reflect changing needs, habits, or home routines.

- Ongoing communication with families will support the child's transition and help maintain consistent routines between home and nursery.
- While we aim to work in partnership with parents, we will not carry out any requests that we believe are unsafe or that may put a child at risk. The safety and well-being of all children is our primary concern.
- Parents and Carers who need additional support with their child's sleep routines will be signposted to the Health Visitor or the Calcot Hub, both of whom work with families of children under the age of 5.

### **Supervision and monitoring**

- A qualified adult will remain in the room until all children are asleep to provide reassurance and ensure safety.
- All staff involved in sleep supervision will have completed Safer Sleep training, ensuring best practice is consistently followed across the setting.
- Once children are asleep, staff will conduct sleep checks every 10 minutes.
- An adult will remain outside the room at all times to ensure immediate support and supervision is available if needed.
- During checks, staff will observe the rise and fall of the chest to confirm regular breathing.
- Each check will be recorded on a sleep check log, including the start time, wake time, and the name of the staff member conducting each check (see appendix 1)
- Sleep records will be kept confidential by using children's initials in logs. These records will be freely accessible to the member of staff responsible for monitoring sleeping children that day, ensuring effective supervision and accountability.
- Sleep times and observations will be recorded on Tapestry for parents' reference.
- Sleep will be limited to a maximum of one hour to support healthy sleep habits and routines.

### **Environment and comfort**

- The sleep area will be kept calm, quiet, and dimly lit to create a soothing environment.
- Room temperature will be monitored and maintained between 16–20°C, in line with recommended safe sleep guidelines. The temperature of the room will be recorded before putting children to sleep.
- Staff will ensure that children are not overdressed for sleep, to prevent overheating.
- Adequate ventilation will be ensured to maintain a safe and comfortable sleeping environment.

