Safe Sleeping and Rest Policy

Calcot Infant, Nursery and Junior Schools

1. Document Control

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

Review period: **Annual**
Responsible committee: **Finance, Health, Safety & Premises Committee**
Statutory: **No**
Required on website: **No**
Ratified by committee: **Sept 2026**
Review due: **Sept 2027**

2. Change History

Version	Date	Amendment or No Change
1	2025 July	Created
2	2026 September	Amended in line with revised EYFS framework

Calcot Nursery - Safe Sleep and Rest 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 and resting arrangements 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

- Each child will be provided with their own separate sleep space comprising a suitable floor bed or mattress with a firm, flat and waterproof surface. Sleep equipment will be used in accordance with the manufacturer's instructions and positioned so that children cannot become trapped between mattresses, walls or furniture. Sufficient space will be maintained to allow staff to see, hear and safely access every child. Children will always be placed down to sleep on their back. If a child independently moves into another sleeping position while asleep, staff will ensure that their face and breathing remain unobstructed but will not routinely reposition them.
- 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.
- Each sleep mat or mattress will be covered with a clean, securely fitted sheet. Where a blanket is used, it will be a lightweight cellular breathable blanket, tucked firmly around the child and positioned no higher than the child's shoulders. Bedding will be arranged so that it cannot cover or obstruct the child's face or breathing.
- Bedding will be washed at least weekly and immediately whenever it is visibly soiled or contaminated. Each child's bedding will be labelled and stored separately to prevent cross-contamination and will not be used by another child unless it has first been laundered.
- 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 clean, safe and in good condition. Any mattress or sleep mat that is ripped, torn, sagging, damaged or no longer firm and flat will be removed from use immediately and reported to SLT for replacement. Damaged bedding will also be removed from use.
- Children will be invited to bring a comforter (e.g. blanket, soft toy) from home if it helps them feel secure during rest time. Staff will ensure that the comforter does not cover or obstruct the child's face or breathing. Any comforter considered unsuitable or unsafe for use during sleep will be removed from the sleep space and returned to the child when they wake.
- Car seats, pushchairs and other seated, inclined or soft equipment will not be used as a child's normal sleep space. If a child falls asleep in a car seat, pushchair or other unsuitable equipment, they will be moved as soon as practicable to their own appropriate sleep space on a firm, flat surface.
- Familiar staff will settle children for their sleep to provide comfort and emotional security.
- Children who do not sleep or no longer require a daytime sleep 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.

- Where a child has a medical condition, disability, special educational need or other individual need that may affect their sleep or sleeping arrangements, staff will agree suitable arrangements with the child's parents or carers. Advice from relevant healthcare professionals will be followed where appropriate. The agreed arrangements will be recorded in the child's individual healthcare plan, SEND support arrangements and/or an individual risk assessment, as appropriate, and shared with all staff responsible for the child's care.
- Any individual sleeping arrangement must be safe and must not compromise the child's welfare. Staff will not follow a parental request that they believe may place the child at risk and will seek appropriate professional advice where necessary
- 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 suitably trained and competent member of staff 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.
- A designated member of staff will remain within the sleep room and will be positioned so that sleeping children remain within hearing at all times and can be seen regularly and without delay. The member of staff must be able to respond immediately. Where room layout, noise levels or other activities prevent effective supervision from outside the room, a member of staff will remain inside.
- During each check, staff will approach closely enough to assess the child effectively. They will check the child's breathing, sleeping position, skin colour, and general appearance; whether the child appears too hot, cold, unwell or distressed; and whether bedding or comforters are obstructing the child's face or breathing. The sleep space will also be checked to ensure it remains clear and safe.
- If a child's breathing, colour, temperature, responsiveness or general condition causes concern, the member of staff will act immediately and will not leave the child while assistance is sought. The setting's paediatric first-aid and emergency procedures will be followed, including calling 999 where required. Parents or carers will be informed as soon as practicable.
- 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.
- The expected duration of sleep will be agreed with parents and carers and reviewed in response to the child's individual needs, health and well-being. Children will be woken gently and sensitively. A child who appears unwell or unusually tired will not be kept awake or woken solely to comply with a routine time limit. The usual sleep period will be up to one hour. However, staff will use professional judgement and take account of the child's individual needs, health and well-being. Any significant change in a child's usual sleep pattern will be discussed with parents or carers.

Environment and Comfort

- The sleep area will be kept calm, quiet, with lighting reduced where appropriate to create a soothing, restful environment. It will remain sufficiently lit to allow staff to clearly observe each child's face, skin colour, sleeping position and breathing during supervision and sleep checks.
- Room temperature will be monitored before and, where necessary, during the sleep period. Staff will maintain a comfortable, well-ventilated environment and take appropriate action to prevent children becoming too hot or cold. The room temperature at the start of the sleep period will be recorded
- 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.
- During periods of adverse weather, including heatwaves, staff will take reasonable steps to maintain a safe and comfortable sleeping environment. These may include increasing ventilation, using a cooler suitable area, adjusting bedding and clothing, providing fluids and monitoring children closely for signs of overheating or heat-related illness.
- If the sleeping area becomes uncomfortably hot and a safe and suitable alternative sleep space cannot be provided, parents or carers will be contacted and advised of the conditions. Staff will discuss whether the child should be collected to sleep at home. Where appropriate, the child may return to nursery after their sleep, provided that the setting can continue to meet their needs safely and this is consistent with the nursery's attendance and collection arrangements.
- If staff consider that the temperature or conditions present a risk to a child's health or welfare, the child will not be placed to sleep in that area. The child's safety will take priority over parental preference.

Monitoring and Evaluation arrangements

This policy will be reviewed on an annual basis and approved by the Governors' Finance, Health, Safety and Premises committee.

Links to other policies

- Early Years Foundation Stage Policy
- Child Protection and Safeguarding Policy

Appendix 1 - Sleep check log

Date: _____ **Adult responsible:** _____

Temperature of room at start of sleep time: _____

Each entry must show the actual check time and staff initials. Checks must be completed at intervals of no more than 10 minutes.										
Child's initials	**Sleep start time**	**Check 1 Time/initials**	**Check 2 Time/initials**	**Check 3 Time/initials**	**Check 4 Time/initials**	**Check 5 Time/initials**	**Check 6 Time/initials**	**Wake time**	**Total Sleep**	**Action ref.** (if any)
Initials confirm: breathing regular • position safe • colour/appearance normal • not too hot/cold • face clear • sleep space safe							**Concern? Act immediately. Recording must not delay assistance.**			

Concerns, observations or action taken

Child's initials	Time	Observation / action taken	Staff initials