Sleep and Rest Time Policy

At Clopton Nursery, we recognise that sleep and rest times are important parts of a child's day. Our sleep and rest arrangements follow the requirements of the Early Years Foundation Stage (EYFS) and current safer-sleep guidance.

Partnership with families

As part of the settling-in process, parents/carers will be asked about their child's usual sleep and rest routines, including:

- Usual sleep times and duration.
- How the child is settled to sleep.
- Sleep preferences and comfort routines.
- Any particular signs that the child is tired.
- Any relevant sleep-related information or changes at home.

Where possible, we will follow the child's usual routine. However, we recognise that children's sleep patterns may change when they are at nursery, and we will respond sensitively and flexibly to their individual needs.

Children's sleep and rest preferences will be recorded and shared with relevant staff. Parents/carers will be informed of any significant changes to their child's usual sleep or rest pattern.

If a child is not ready to sleep, they will never be forced to do so. If we feel that a child is tired or it is their usual sleep time, staff will settle and soothe them appropriately. If, after approximately 15 minutes, the child is not sleeping, they will be encouraged to rest quietly or return to play, depending on their individual needs.

Under no circumstances will a child be physically restrained when being settled to sleep.

Sleep bags and bedding

Parents/carers may provide a suitable sleeping bag for their child if they prefer, provided it is appropriate for the child's age and size and does not present a risk of overheating.

Sleeping bags must:

- Be the correct size for the child.
- Be suitable for the child's age and developmental stage.
- Meet the relevant British/European safety requirements.

- Not be used with additional bedding that could cause overheating.

Where a sleeping bag is provided, staff will check that it is suitable before use.

Staff training

All staff at Clopton Nursery receive a comprehensive induction which includes safer-sleep procedures.

Staff are required to familiarise themselves with current safer-sleep guidance, including guidance from **The Lullaby Trust** and relevant **NHS** advice regarding safer sleep and sudden infant death syndrome (SIDS).

Staff must understand their responsibilities for:

- Preparing a safe sleep environment.
- Correct positioning of children.
- Monitoring sleeping and resting children.
- Recognising signs of overheating or distress.
- Responding appropriately to an emergency.
- Recording sleep checks accurately.

Children asleep on arrival

If a child arrives at Clopton Nursery asleep, we will sensitively wake them while their parent/carer is still present.

Outdoor clothing will be removed and, if the child remains sleepy but is otherwise well, they will be settled in an appropriate cot or on a clean, flat sleeping/rest mat according to their age and developmental stage.

If the child does not show signs of returning to sleep, they will be welcomed into the session and supported to settle into the day's activities at their own pace.

The sleep environment

The Nursery Manager will ensure that a suitable risk assessment is completed for the sleep area. The assessment will ensure that the environment is safe and meets EYFS requirements and relevant British Safety Standards.

The risk assessment will be reviewed:

- At least annually.
- Whenever there is a significant change to the sleep environment.
- Following any incident or concern that may affect sleep safety.

A daily check of the sleep environment will be completed before children use the area and monitored throughout the day.

The sleep environment must:

- Be clean, calm and uncluttered.
- Have no shelves, furniture or objects positioned above where a child is sleeping.
- Be maintained at a suitable temperature, normally between **16°C and 20°C**, with the temperature monitored and recorded.
- Be well ventilated.
- Provide each child with their own separate sleeping space.
- Provide clean, appropriate bedding for each child.
- Ensure pillows, cot bumpers and duvets are not used.
- Provide a suitable labelled place for each child's clothing and comfort items, where appropriate.

Children over 12 months

Children over 12 months will sleep or rest on suitable rest mats, beds or other appropriate sleep surfaces, depending on their individual needs and the setting's arrangements.

Each child will have:

- Their own individual sleeping space.
- Their own clean bedding.
- A suitable place or basket for their clothing, shoes and personal comfort item, where appropriate.
- A calm and comfortable environment in which to rest.

Before sleep/rest time:

- Nappies will be changed where required.
- Heavy clothing will be removed.
- Hair accessories containing parts that could come loose or detach will be removed where they could present a choking hazard.
- Children will be supported to settle by their key person or another familiar educator.

Children may be comforted using gentle verbal reassurance, stroking or very gentle patting, where appropriate and welcomed by the child.

If a child falls asleep in situ, for example in a buggy, they will be moved to their appropriate sleeping space rather than being left to sleep in the buggy.

Supervision of sleeping children

- Sleeping and resting children will always be within the sight and/or hearing of staff.
- Staff will use a timer to remind them to complete regular sleep checks.
- Sleep checks will be completed at least every 15 minutes for children over six months, unless an individual risk assessment requires more frequent checks.
- Every sleep check will be recorded on the child's Famly profile.

Active sleep checks

An active sleep check means that staff do more than simply look into the sleep area. They actively check the child's wellbeing and breathing.

Staff will:

- Check that the child is breathing normally.
- Observe the child's appearance and colour.
- Check that the child's face and airway are clear.
- Check that bedding is not covering the child's face or wrapped around their body.
- Check that the child is not too hot or too cold, using the chest or back of the neck where appropriate.
- Check that the child's sleeping position remains safe.
- Look for any signs that the child is unwell, distressed or different from their usual presentation.

Any concerns identified during a sleep check will be acted upon immediately and recorded appropriately.

Emergency procedures

All staff must know the emergency procedure for a child who becomes unresponsive or stops breathing while asleep.

If a child is found to be unresponsive or not breathing, staff will immediately follow the Nursery's emergency and first-aid procedures, including contacting the emergency services and providing appropriate first aid/CPR by a trained person.

Parents/carers will be informed as soon as possible following any significant sleep-related incident or emergency.

This policy was adopted by	Clopton Nursery Trust	*(name of provider)*
On	07/09/2026	*(date)*
Date to be reviewed	07/09/2027	*(date)*