



Safer Sleep and Rest Time Policy

At Lymestone Preschool, we recognise that rest and sleep are essential for children's health, wellbeing, and development. We provide a calm, safe, and nurturing environment where children can rest or sleep according to their individual needs and routines.

We work in partnership with parents and carers to ensure that sleep arrangements are appropriate, consistent, and in the best interests of each child.

Procedures

Individual Sleep Needs

Sleep arrangements will consider each child's individual needs, age, stage of development, medical conditions, SEND requirements, and any advice provided by health professionals. Where appropriate, individual risk assessments will be completed and reviewed regularly.

- Each child's sleep requirements are discussed with parents/carers on admission and reviewed regularly through care plans recorded within each Child's Learning Journals.
- Written consent is obtained for children to sleep at the setting.
- Staff follow home routines as closely as possible, where appropriate.
- Children are never forced to sleep but are offered opportunities to rest.
- Children who no longer nap are provided with quiet rest activities.
- Children are supported to settle to sleep by a familiar member of staff that knows them well, ensuring they feel safe, secure and comforted.

Unplanned sleeps

- If a child who does not usually sleep at the setting falls to sleep, staff will ensure they are safe, comfortable and appropriately supervised.
- Parents/carers will be contacted as soon as reasonably practicable to inform them and to agree on how long the child should be allowed to sleep.
- Where parents/carers cannot be contacted immediately, staff will use their professional judgement, considering the child's age, needs and wellbeing. As a guide, allowing a child to complete a full sleep cycle (approximately 20-45 minutes depending on age) is considered beneficial to avoid waking a child while in deep sleep, which can cause distress and disorientation.
- All decisions and communications will be recorded and shared with parents/carers.

Children who fall asleep in unsuitable locations (for example, on soft furnishings or during play activities) will be carefully moved to an appropriate sleep area where this can be done safely and without causing distress.

Sleep Environment

Sleep areas are calm, quiet, and appropriately ventilated to maintain a safe and comfortable room temperature between 16°C-20°C. Children sleep on slightly raised sleep beds, suitable for their age and stage of development.

Each child has their own:

- A sleep bed
- A fitted sheet
- A lightweight blanket

Comfort items from home (e.g. soft toys and sleep aids) are permitted where appropriate and safe.

Safer Sleep and Safety

Staff follow recognised safer sleep guidance from the Department For Education and The Lullaby Trust to reduce risk. Children are positioned in a safe sleep position appropriate to their age and development. The sleep environment is kept clear of unnecessary loose items that may pose a risk.

Supervision, Monitoring and Recording Sleep

A member of staff always remains with sleeping children, and the sleep area always complies with EYFS staff:child ratios.

Sleeping children are visually checked and recorded at least every 10 minutes, or more frequently if needed.

Staff monitor:

- o Breathing and general wellbeing
- o Sleep position
- o Comfort and temperature

All sleep periods are recorded on a sleep chart, which can be shared with parents/carers upon request at collection. Records include:

- o Time the child falls asleep
- o Duration of sleep
- o Time of waking

Risk Assessment and Hygiene

Sleep beds and bedding are checked regularly to ensure they are safe, clean, and suitable for use. If any hazards or damage are identified, they are addressed immediately by removing from use, and reporting to management.

Bedding (sheets and blankets) are clearly identified and stored separately for each individual child in a storage bag. Bedding is washed at least weekly on a hot wash or immediately if soiled.

Safeguarding and staff training

Sleep practices form part of the setting's overall safeguarding responsibilities. Staff receive induction and ongoing training in safe sleep practices and understand their responsibilities to monitor sleeping children appropriately and respond to any concerns immediately.

Partnership with Parents

Parents/carers are encouraged to share sleep routines and preferences by completing the care plan section on their Child's Learning Journal account. We work collaboratively to ensure consistency between home and preschool, and any changes to sleep patterns or concerns are communicated promptly.

This policy was agreed By Lympstone Preschool Committee, and will be reviewed annually, or sooner if legislation, guidance or operational requirements change.

Reviewed: 01/06/2026