Newdale Sleeping Policy
November 2026
Reviewed annually

Statement of Intent
Our nursery is committed to ensuring the safety, wellbeing and comfort of all children during periods of rest and sleep. We recognise that although the risk of Sudden Infant Death Syndrome (SIDS) is significantly lower in children aged 2-4 years, safe sleeping practices remain essential to minimise risks associated with suffocation, overheating, entrapment and other sleep-related accidents.
We will provide a safe sleep environment and ensure all staff understand and follow appropriate procedures whenever children are sleeping or resting in our care.
Aims
We aim to:

- Provide a safe and comfortable sleeping environment.
- Meet the welfare requirements of the Early Years Foundation Stage (EYFS).
- Reduce risks associated with sleeping and resting.
- Work in partnership with parents regarding children's sleep needs.
- Ensure staff are trained in safe sleep procedures and emergency response.

Sleep Arrangements
Environment
Children who choose to sleep will rest in a designated area that:

- Is well ventilated and maintained at a comfortable temperature (typically between 16°C and 20°C where practicable).
- Is free from hazards, clutter and trip risks.
- Allows staff to easily observe sleeping children.

Sleep Equipment
Children may sleep on:

- Nursery sleep mats.
- Low-level sleep beds where provided.

Equipment will:

- Be checked regularly for damage.
- Be clean and maintained to a high standard.
- Be positioned away from radiators and heaters.

Safe Sleeping Procedures
Before Sleep

Staff will:

- Ensure children are appropriately dressed and not overdressed.
- Remove outdoor coats, hats and bulky clothing.
- Encourage children to use the toilet before resting where appropriate.
- Consider any medical conditions that may affect sleep safety.
- Follow individual care plans where applicable.

Sleeping Position

Children will:

- Be encouraged to lie on their backs or side naturally.
- Never be placed face down by staff.
- Be allowed to reposition themselves independently.

Bedding

The nursery will ensure:

- Lightweight blankets are used if required.
- Blankets do not cover the child's face or head.
- Pillows, duvets and weighted blankets are not used.
- Bedding is laundered regularly in accordance with infection control procedures.
- Regular sleepers have their own set of bedding which is stored in a named bag.

Monitoring Sleeping Children

Children who are asleep will be:

- Checked at least every 10 minutes.
- Always within sight and sound of a staff member.
- Recorded on the nursery sleep monitoring record.

Staff checks will include:

- Breathing.
- Skin colour.
- Temperature and comfort.
- Sleeping position.
- General wellbeing.

Any concerns will be addressed immediately.

Staff Responsibilities

All staff must:

- Understand and follow this policy.
- Complete safeguarding and health and safety training.

- Know emergency procedures.
- Report any concerns regarding a child's wellbeing.

The designated safeguarding lead (DSL) will:

- Monitor compliance with this policy.
- Review incidents and risk assessments.
- Ensure appropriate staff training is maintained.

Partnership with Parents
Parents will be asked to provide:

- Information about their child's sleep routines.
- Details of any medical conditions affecting sleep.
- Information regarding comforters or sleep associations.

The nursery will:

- Respect home sleep routines where safe and appropriate.
- Communicate significant changes in sleep patterns.
- Discuss any concerns regarding a child's sleep or wellbeing.

Medical Conditions and Additional Needs
For children with:

- Epilepsy.
- Respiratory conditions.
- Complex medical needs.
- Developmental needs affecting sleep.

An individual risk assessment and care plan will be developed in partnership with parents and healthcare professionals where necessary.
Emergency Procedures
If a child becomes unresponsive or staff have concerns regarding breathing:

1. Call for immediate assistance.
2. Follow paediatric first aid procedures.
3. Contact emergency services (999) if required.
4. Inform parents immediately.
5. Record and report the incident in accordance with safeguarding and health and safety procedures.

At least one paediatric first aider will always be available in accordance with EYFS requirements.
Record Keeping
The nursery will maintain:

- Sleep monitoring records.
- Individual sleep plans where required.
- Risk assessments.
- Incident and accident records.

Records will be stored confidentially in accordance with data protection requirements.

Equality and Inclusion

This policy applies equally to all children. Reasonable adjustments will be made to support children with additional needs while maintaining safe sleep practices.

Policy Review

This policy will be reviewed annually or sooner if:

- Legislation changes.
- Guidance is updated.
- An incident indicates a review is necessary.