

Sleep & Rest Policy

Policy Overview

Sleep and rest are vital for children as it is the primary activity of the brain during early development. Sleep is an important part of a healthy lifestyle and helps your little one achieve their full potential, as it directly impacts their mental and physical development. This policy ensures that children are safe and comfortable whilst they are asleep at our nursery.

The roles and responsibilities of the nursery

- The Nursery Manager must ensure that all nursery staff adhere to this sleep and rest policy.
- In partnership with parents/carers, the child's Key Person must establish and record their individual sleep routine during their settling in period.
- Staff will work with parents/carers to ensure that each child's individual sleep routine is met, reviewed, and updated regularly.
- Staff will not force a child to sleep, wake or keep them awake against their will.

Our nursery staff will...

- Carry out checks every 10 minutes on all sleeping children and record these checks on the Sleep Check Record.
- Place only one baby in each cot and ensure there's nothing in the cot that could pose a smothering/choking risk.
- Check breathing and body temperature of babies who are sleeping in a separate room through touch every 10 minutes.
- Closely monitor sleeping babies left in another room via an audio monitoring device.
- Ensure mobile children sleeping on sleep mats or in cots are within sight and hearing range.
- Provide children with individual bedding and store it in a named basket/bag where possible.
- Maintain clean and hygienic sleeping areas, beds/mats and bedding.
- Only use safety approved cot mattresses and immediately remove any that are deemed unsafe.



- Wherever possible, lights will be turned off or dimmed for sleeping children.
- Staff will never place babies in bouncers and cots with drinking bottles.
- The nursery will not have a designated time for sleep. Children should be encouraged, but not forced, to lie down and rest.
- If a child doesn't start to sleep within 10 minutes, they can choose to resume playing.
- Nursery staff will not spend excessive time rocking and patting children trying to get them to sleep.
- Children and babies will not be placed in a buggy to sleep.
- If babies and children under the age of 2 naturally fall asleep in a bouncer or a cushion, they will be placed in a cot or on a sleep mat.
- Babies and children can be placed outside to sleep in safe, sheltered area providing staff adhere to all relevant procedures and a risk assessment is completed.
- Older children who no longer need to sleep during the day will still have access to a calm, quiet area.

Sleeping positions for babies

- Babies will always be placed on their back to sleep.
- Any baby sleeping on its side will have its arm brought forward to be placed in front of their body. This will prevent them from rolling onto their stomach.
- To prevent sleeping babies from wriggling down under the covers and potentially overheating, staff will position them at the bottom end of the cot.

Sleeping temperature for babies

- Sleep rooms for babies will be kept between 16°C and 20°C.
- Nursery staff will ensure that babies are not overdressed for sleep and that their heads are not covered. This will help them to keep cool and not overheat.
- Babies will not be put to sleep next to radiators, heaters or in direct sunlight.

For more information on this policy, please contact your Nursery Manager.

