

St Marychurch Pre-school

Sleep Policy

Statement of intent

We recognise the importance of sleep in supporting children's emotional wellbeing, cognitive development, and physical health. This policy ensures that all sleep practices within our setting are safe, respectful, and compliant with the Early Years Foundation Stage, The Lullaby Trust safer sleep guidance, and Ofsted's latest guidance and criteria.

Aim

Our aim is Safeguard Children's Wellbeing and Promote healthy sleep habits that support emotional regulation, brain development, and physical growth. To ensure sleep is never forced and always responsive to the child's emotional state and individual needs. We ensure Safety and Risk Reduction while implement safe sleep practices to reduce the risk of Sudden Infant Death Syndrome (SIDS), following guidance from The Lullaby Trust and NHS. We provide a secure sleep environment with regular monitoring and appropriate equipment. We support Individual routines, respect and accommodate sleep preferences shared by parents and carers including duration, timing, and comfort items while allowing flexibility for children who do not wish to sleep, offering calm alternatives.

Safe Sleep Environment

Children will sleep on individual sleep mats with a clean sheet in a designated quiet area the book corner. Pushchairs, car seats, or bouncers are not used for sleep under any circumstances.

Children who fall asleep elsewhere (e.g. in arms or during play) are gently moved to the designated sleep area. Sleep areas are kept well-ventilated, free from hazards, and monitored for temperature and noise.

Sleep Duration and Individual Needs

Children are allowed to sleep for at least 45 minutes to support full sleep cycles and REM sleep. If a child wakes before 45 minutes, they are supported with calm time before rejoining play. Parents may request: a maximum sleep duration and a cut-off time for afternoon naps. Sleep is never forced. If a child resists or becomes distressed, staff will offer comfort and alternative rest options.

Preparation for Sleep

Children are changed and made comfortable before sleep. Each child is provided with a clean sheet, a blanket if needed, ensuring it is lightweight and breathable and can be offered comfort items from home these may be used if agreed with parents and the setting.

Sleep monitoring

Whilst a child is sleeping, they will be checked every 5 minutes by a staff member. This check will be recorded alongside the time they fell asleep and when they have woken up. A staff member checking a child will be observing that the child is in a safe sleeping position and that they are still sleeping and that they are breathing comfortably.

Sleep policy continued.....

Parental Partnership

Sleep routines are discussed during induction and reviewed termly. Parents are encouraged to share home sleep routines and preferences and any changes to their child's sleep patterns.

Staff Training and Responsibilities

All staff involved in sleep routines are trained in paediatric first aid. Staff regularly refresh their knowledge on SIDS risk reduction and safe sleep practices following the Lullaby Trust and NHS guidance. Sleep practices are reviewed regularly to ensure compliance with regulations the EYFS and Ofsted criteria.

For further information and guidance on safer sleep practices please visit these websites:

[Home | The Lullaby Trust](#)

[NHS website for England - NHS](#)

[Safer sleeping | HSC Public Health Agency](#)

[Foundation Years - Latest news, policy and resources for early years professionals](#)

[Early years foundation stage - GOV.UK](#)

[Ofsted - GOV.UK](#)

Signed _____

Position _____

Dated _____

This policy is reviewed annually or sooner if guidance changes.

We aim to provide a safe, stimulating, caring, happy Pre-school where all children and their families are welcome. We provide a curriculum based on the Early Years Foundation Stage using individual children's interest and needs.