



Sleep Policy

This policy ensures all infants and children under our care sleep safely, reducing the risk of Sudden Infant Death Syndrome (SIDS) and ensuring compliance with the Early Years Foundation Stage (EYFS) statutory framework. It has been created based on guidance from The NHS Baby Sleep Guide, The Lullaby Trust Training and Resources, The DoE Safer Sleep Guidance and The EYFS Statutory Framework.

Sleep Time: From 12.30 – 3.00

Sleep is an integral part of children developing healthily. We encourage children being well rested as children being well rested makes for an active learner and supports health and wellbeing.

Daily Sleep Breakdown by Age

- **Newborns (up to 3 months):** 8 to 18 hours a day, waking frequently to feed.
- **Babies (4 to 12 months):** 12 to 16 hours in total, including daytime naps.
- **Toddlers (1 to 2 years):** 11 to 14 hours in total, usually shifting to one daytime nap by 18 months.
- **Pre-schoolers (3 to 5 years):** 10 to 13 hours total, with some still needing a short afternoon nap.

Safer Sleep Information

Safe Sleep Environment and Equipment

- **Separate Spaces:** Every child sleeps in an individual, age-appropriate cot or sleep mat.
- **Firm Surfaces:** We use only firm, flat, waterproof mattresses
- **Clear Cots:** Cots are kept completely clear of soft toys, pillows, heavy bumpers, wedges, and loose items when in use for sleep.
- **Bedding:** We use only lightweight blankets and fitted bedsheets
- **Temperature Control:** Sleep rooms are maintained between 16°C and 20°C, monitored continuously with a digital thermometer.

Safe Sleep Positions and Practices

- **Back to Sleep:** Staff place all children on their backs to sleep unless a specific medical exemption is documented by a doctor.
- **Feet to Foot:** Children are placed with their feet at the foot of the cot to prevent them from wriggling under blankets.
- **No Covered Heads:** Caps, hats, and hoodies are removed before sleep.

Supervision and Monitoring

- **Physical Checks:** Staff conduct physical, visual checks on sleeping children at least every 10 minutes.
- **Constant Proximity:** Sleeping children always remain within clear sight and hearing range of staff.
- **Under Six Months:** Infants under six months always sleep in the same room as an active, awake staff member.

Staff Training and Communication

- **Induction:** All new staff complete safe sleep training during induction before supervising sleep times.
- **Updates:** Staff undergo refresher training using official Lullaby Trust resources.
- **Partnership:** We share this policy with parents during enrolment and collaborate to maintain consistent sleep routines.



Baby Stars:

Sleep in designated cots or sleep mats when aged over 12 months and deemed of an appropriate size to sleep on a sleep mat. Baby Stars will be encouraged to have a sleep after lunch; however, dependent on the baby's needs, they may need additional naps throughout the day, including morning and afternoon naps. During any form of sleep time, the lighting will be reduced.

All babies will be put to sleep on their backs to reduce the risk of sudden infant death syndrome. Once babies can move from their back to their front and back again by themselves, they can find their own sleeping position. However, we continue to place them on their back to sleep. Sleep comforters may be used for babies and children aged over 12 months only.

Shining Stars and Super Stars:

The older children sleep on sleep mats and will have soothing music or white noise played into the room.

Self-positioning: If an older toddler independently rolls from their back to their front/side by themselves during sleep once capable of moving freely, they may stay in that position, but staff must still initially place them down on their back. Sleep comforters may be used for babies and children aged over 12 months only.

Super Stars will sleep dependent on age. If approaching school admissions, we will gradually stop the child from having an afternoon nap.

All children will be encouraged to sleep once they washed their face and brushed their teeth after lunch. Children are to be encouraged to use the toilet before and after sleeping.

There are spare blankets and sheets, which are available for children to use if their sheet/blanket is unusable. Bedding is stored in individual sleep boxes and washed weekly or more frequently if needed.

All children's nappies are to be checked before going to sleep to ensure they are clean. They are also to be changed upon awakening.

This policy was reviewed on: 26.07.26

Date of next review: 26.07.27