

## **9 Early Years Practice Policy**

### **9.18 Sleep and Rest Time**

*Alongside associated procedures in 9.1 to 9.18, this policy was adopted by You and Me on the 3<sup>rd</sup> September 2026 by the Committee.*

At You and Me Pre-School we recognise that sleep and rest times are key times in the day for being close and promoting security and are an important part of a child's unique and individual care. Our sleep and rest procedures at You and Me Pre-School comply with the EYFS and the latest available safety guidance.

#### **Partnership with Families**

As part of a child's settling in we will ask about their usual sleep and rest preferences and routines. As far as possible we will follow their usual routine, however, children's routines may change once they are in the setting and we will respond flexibly. Children's sleep and rest preferences are recorded and parents/carers are informed of any significant changes to a child's sleep routine.

If a child is not ready to sleep, they are never forced to. If we feel a child is ready to sleep or it is their usual sleep time, we will settle a child to sleep and soothe them, if after 15 minutes they are not sleeping they will be encouraged to rest or go and play as appropriate. Under no circumstances is a child ever physically restrained whilst trying to settle them to sleep.

#### **Staff Training**

All staff at You and Me Pre-School complete a comprehensive induction which includes safer sleep training. All staff are required to read Lullaby Trust Guidance on Safer Sleep and the NHS advice on Sudden Infant Death Syndrome.

#### **Children Asleep on Arrival at the Pre-School**

If a child arrives at the pre-school asleep, they are sensitively woken whilst the parents/carers are still present. Outdoor clothes are removed and the child is settled on a flat clean sleeping mat, if they are still sleepy, but otherwise well.

If a child does not show signs of going back to sleep after being woken, they are welcomed and settled into the session at their own pace.

## **The Sleep Environment**

The manager ensures a risk assessment is completed for the sleep area to ensure that it is safe and meets the requirements set out in the EYFS and British Safety Standards. This is reviewed each time a change to the environment is made and at least annually. A check of this environment takes place before any children are placed in the area to rest or sleep.

An emergency plan is displayed, showing what action to take if a child stops breathing whilst asleep. There is a room thermometer in the sleep area that is checked when settling a child to sleep and the temperature recorded.

The sleeping environment is:

- Clean and uncluttered.
- Has no shelves or objects above where the child is sleeping.
- We aim to keep the room temperature between 16-20 °C and is monitored by a thermometer in the sleep area. The temperature is recorded on the sleep checklist when children go to sleep.

## **Young Children**

- Children are placed down on their back in their own separate sleep space on a clear, flat, firm sleep mattress on the floor.
- Children will sleep head to toe to reduce the spread of infection.
- Every child has their own clean cotton cellular blanket.
- Pillows and duvets are not used.
- Hair accessories with parts that may come loose or detached and pose a choking hazard are removed before sleep/rest time.
- A separate area of the Cabin is made as quiet as possible.
- Sleeping children are always supervised within sight and hearing of staff.
- Each individual child is checked every 10 mins to observe breathing. (looking for chest rising and falling) This is recorded on the sleep record.

## **Further Guidance**

[Safer sleep – help for early years providers](#)

NHS safer sleeping information <https://www.nhs.uk/best-start-in-life/baby/baby-basics/newborn-and-baby-sleeping-advice-for-parents/safe-sleep-advice-for-babies/>

Sudden infant death syndrome (SIDS) NHS guidance

<https://www.nhs.uk/baby/caring-for-a-newborn/sudden-infant-death-syndrome-sids/>

[Safer Sleep Awareness: A guide for Childminders, Foster Carers, Nannies and Nursery Settings \(The Lullaby Trust\)](#)