

St Leonard's C of E (A) Primary School



Sleep Policy

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Date for review: **March 2027**

Headteacher: **Early Years Lead (GBR)**

Governors: **Jo Scott**

St Leonard's Early Years Sleep Policy

This policy outlines the safe sleeping procedures and expectations for children in the Early Years Foundation Stage at St Leonard's. The safety and wellbeing of every child is paramount. Our approach follows national guidance and evidence-based advice from The Lullaby Trust and Public Health England (NHS) to minimise the risk of Sudden Infant Death.

1. Introduction and Aim

The purpose of this policy is to ensure that all children within St Leonard's who require sleep, rest, or quiet time do so safely and comfortably. We recognise that each child is unique, and their rest routines should be supported in a way that reflects their individual needs and mirrors home routines wherever possible.

All parents/carers will be invited to an induction meeting before their child begins in Nursery/ Reception and a home visit is carried out. This meeting, alongside settling-in sessions, gathers key information including child's typical sleep pattern, comfort needs, and any medical considerations.

2. Safe Sleeping Guidance

Children do not have a routine or scheduled sleep but in the event that children fall asleep we would follow safe sleeping guidance.

2.1 Monitoring and Recording

- A Sleep Chart is used to monitor children every 10 minutes while they sleep. Checks are signed by the member of staff carrying them out.
- Staff must check each child's mouth before they go to sleep.

2.2 Environment and Equipment

- Sleeping areas must be **well ventilated** with temperatures kept within **16–22°C** as guidance recommends; temperatures may be higher in summer, in which case fans will be used.
- Children sleep **on sleep mats**, these are cleaned after use and stored.
- All areas around sleep spaces must be **kept clear** of hazards such as cords or hanging objects.

2.3 Safe Placement

- Children who fall asleep must be safely **transferred to a mat**.
- Only **one child per mat** is permitted,
- Children will be woken in the case of an emergency such as a fire alarm.

3. Safe Sleeping Checks While Children Are Asleep

During each monitoring check staff will:

- Ensure the child is sleeping in a safe position and placed on their back.
- Check breathing by placing a hand gently on the chest or by holding a hand near the mouth/nose.
- Ensure the child is not too hot or too cold.

4.2 Staff Support

- Staff receive annual safeguarding training,
- Parents are telephoned and requested to collect the pupil if the child has fallen asleep.

5. Rest Time for Older Children

- The classroom has a 'cosy corner' designated for rest and relaxation.
- Most children in Pre-Reception (3–4 years) do not require an afternoon sleep; however, if they do, staff will provide a sleep mat in their classroom.

6. Roles and Responsibilities

- **Early Years Lead:** Oversees the implementation and annual review of the policy.
- **Class teacher :** Ensure staff follow safe sleeping procedures and maintain accurate Sleep Charts.
- **All Staff:** Adhere to safe sleeping practices, carry out checks, and communicate with parents/carers regarding individual needs.

7. Review and Monitoring

This policy is reviewed annually or sooner if new statutory or advisory guidance is issued by Public Health England, The Lullaby Trust, or other safeguarding authorities