Sleep and Rest Policy

We believe that it is important to ensure that children have sufficient sleep and rest to support their development and that each child's individual needs are always met.

If children become tired or need to rest, they will have the opportunity to do so to allow them to experience the best possible learning outcomes.

Safe sleep practices reduce the risk of sudden infant death syndrome (SIDS) and the spread of contagious diseases. SIDS is the sudden, unexpected death of a seemingly healthy infant under one year of age for whom no cause of death can be determined.

Other terms are also used (SUDI) sudden unexpected death in infancy or (SUDC) sudden unexpected death in childhood if the baby is over 12 months old.

Safe sleep practices

To maintain safe sleep practices, the following procedures will be followed as advised by the Lullaby Trust:

- Babies aged 12 months and under will be placed to sleep on their backs, in a cot, this includes travel cots. If the child rolls on to their tummy, we will turn them onto their back again, unless they are able to roll from back to front and back again in which case they will be able to find their own position.
- Infants under the age of 12 months will be placed in 'Feet-Foot' position with the infant's feet at the bottom of the mattress. A lightweight blanket that reaches only as far as the infant's chest will be placed under their arms and tucked around the mattress. This position prevents the blanket from slipping up over the infant's face or the infant slipping under the blanket.
- Children aged 12 months and above will be placed to sleep on a firm flat, waterproof mattress either in a cot or on a sleep mat.
- Cushions and pillows will not be used.

- Premature and low birth weight babies have a greater risk of sudden infant death syndrome (SIDS). Safer sleep advice is usually for babies up to 12 months old, but if your baby was born prematurely, we will **follow the advice for a year from their due date**, rather than when they were born.
- Should an alternative sleep practice be required, for example for a child with SEND, advice will be sought from parents/carers and appropriate specialists and will be documented in the child's health care plan with a risk assessment in place where required. This will be reviewed accordingly. The alternative will only be considered where necessary.
- Children of any age will never be put down to sleep with a bottle to feed themselves.
- Sleeping children will be closely monitored when sleeping, practitioners will look for the rise and fall of the chest and check the child's sleeping position.
- Sleeping children will be checked every 10 minutes and this will be recorded.
- Babies and children will always sleep in a room that has staff supervision at all times.

Sleep Environment

- Room temperature is kept between 16-20 degrees C – if the room becomes too warm or cold modifications will be made to return the temperature to within this range.
- Infants will not be placed in a position that exposes them to overheating e.g. next to a radiator or near a window on a hot sunny day.
- Bedding is never shared between children. Each child's bedding is stored separately and put to wash at the end of their last session in nursery each week.
- Children are dressed appropriately for sleep to avoid becoming overheated.

- We only use sleeping equipment (e.g. cots, mattresses & sleeping mats) that are compliant with British Standard regulations.

  For cots and travel cots: BS EN 716-1:2017, BS EN 1466:2014 or BS EN 1466:2023

For sleep mattresses: BS 7177:2008+A1:2011

For mattresses for cots, travel cots and cribs: BS EN 16890:2017+A1:2021

- We will not use cot bumpers and will ensure that cots are not cluttered with soft toys (comforters may be used if a child needs them)
- Areas around cots and beds will be kept clear from hanging objects such as blind cords, drawstring bags etc.
- If a child falls asleep while being nursed by a practitioner, they will be moved to a safe sleeping location for the remainder of their sleep.
- Should a child arrive at nursery asleep, nursery staff will have the usual handover ask how the child has been how long they have been asleep. Once in nursery, they will be transferred to a cot or sleep mat as appropriate for their age. All outdoor clothing will be removed even if this means waking the child. Staff will then follow the safe sleeping policy and guidance.

Sleep Routines

We always try to follow individual children's sleep routines rather than only allowing set times for all children to sleep. When routine indicates that a child or children are ready to go to sleep, we ensure they are settled in a calm and relaxing environment, using soft music and dimming lights where possible to facilitate a good rest. Children who are not sleeping during these times will continue to be supported by practitioners to learn and play in a stimulating environment either in or outdoors.

We understand the importance of sleep routines for children and aim to replicate the home routine whilst in nursery as much as we can, however staff will not force a child to sleep or try to keep them awake against their will. We will not forcibly wake children from sleep however we will gently encourage them to wake if parents would prefer their sleep time to be limited.