



Sleep policy

April 2025- 2026

EYFS: 3.60

At Acorn Childcare Centre we aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment.

The safety of babies' sleeping is paramount. Our policy follows the advice provided by the NHS, The Cot Death Society and Lullaby Trust to minimise the risk of Sudden Infant Death. We make sure that:

- Babies are placed on their backs to sleep with their feet towards the bottom of the cot, if a baby has rolled onto their tummy, we turn them onto their back again unless they are able to roll from back to front and back again, on their own, in which case we enable them to find their own position.
- Babies/toddlers are never allowed to consume milk from a bottle or trainer cup in a cot or on a mat bed as a method of soothing at nap time.
- Babies/toddlers are monitored visually when sleeping looking for the rise and fall of the chest and if the sleep position has changed.
- Checks are recorded every 10 minutes; Practitioners are also expected to initial the sleep chart each time they complete sleep checks. As good practice we monitor babies under six months or a new baby sleeping during the first few weeks every five minutes until we are familiar with the child and their sleeping routines, to offer reassurance to them and families. Practitioners are expected to use a timer to ensure 10-minute checks are completed.
- Records of sleep checks are archived for 6 months
- Babies/ children are never left to sleep in a separate sleep room without staff supervision at all times.
- Bibs and loose clothing must be removed before a child is put down to sleep, this includes hair accessories.
- If a child has a dummy and this should fall out during nap time, the dummy will not be placed back in their mouth unless the child awakes.

We provide a safe sleeping environment by:

- Monitoring the room temperature, playrooms are well ventilated with the temperature kept between 16°C-22°C (recommended guidelines). All rooms are fitted with air conditioning units to regulate the temperature during the summer months.
- Using clean, light bedding/blankets and ensuring babies are appropriately dressed for sleep to avoid overheating.

- Only using safety-approved cots or other suitable sleeping equipment (i.e. mats) that are compliant with British Standard regulations, and mattress covers are used in conjunction with a clean fitted sheet.
- Mattresses and sleep mats are cleaned weekly.
- Prams and pushchairs are not used for naps, children who fall asleep whilst out on a walk must be laid flat. Any child who is asleep once the group return to Nursery must be transferred to a cot or sleep mat.
- Enable babies to sleep outdoors, where appropriate and with parents' permission
- Not using cot bumpers or cluttering cots with soft toys, although comforters may be given where required.
- Keeping all spaces around cots and beds clear from hanging objects i.e. hanging cords, blind cords, drawstring bags
- Ensuring every baby/toddler is provided with clean bedding labelled to them and working in partnership with parents to meet any individual needs.
- Cleaning all bedding as required and at least weekly.
- Transferring any baby who falls asleep while being nursed by a practitioner to a safe sleeping surface to complete their rest.
- Having a no smoking policy. Practitioners who use their rest breaks to smoke or vape will ensure they cover their uniforms with an outer layer such as a coat to prevent the risk of the babies and young children breathing in the harsh chemicals

The Lullaby Trust offers the following advice regarding the use of sleeping bags: “Baby sleeping bags are a good option as they prevent your baby’s head from being covered by wriggling under bedding. You can choose different togs for different seasons to help keep your baby at the right temperature. You can also select different sizes depending on the age of your baby. It is important that the sleeping bag fits well around the shoulders so that your baby’s head does not slip down into the bag. Extra bedding should not be needed. “

We ask parents to complete ‘all about me’ forms on their child which includes information on their child’s sleeping routine when starting at nursery. These are reviewed and updated at timely intervals. If a baby has an unusual sleeping routine or a position that we do not use in the nursery i.e. babies sleeping on their tummies or in a sling, we will explain our policy to the parents and not usually offer this unless the baby’s doctor has advised the parent of a medical reason to do so. In which case we would ask them to sign to say they have requested we adopt a different position or pattern on the sleeping babies form.

We recognise parents’ knowledge of their child regarding sleep routines and will, where possible, work together to ensure each child’s individual sleep routines and well-being continues to be met. However, staff will not force a child to sleep or keep them awake against his or her will. They will also not usually wake children from their sleep.

Individual sleep routines are followed rather than one set sleep time for all children. We create an environment that helps to settle children that require a sleep for example dimming the lights, using soft music, where applicable whilst ensuring that we continue to meet the needs of the children that do not require a sleep and ensure they can

continue to play, learn and develop. This may involve taking children outdoors or linking with other rooms/children.

Staff will discuss any changes in sleep routines at the end of the day and share observations and information about children's behaviour when they do not receive enough sleep.

At Acorn Childcare Centre it is our policy to not to wake a child up if they have naturally fallen asleep throughout the day. A sleeping child will be given a minimum of 30-40 minutes sleep as we recognise that not all children follow the same sleep cycle and some children will fall into a deep sleep quicker than others.

Further information can be found at:

<http://www.lullabytrust.org.uk>

NHS advice on Sudden Infant Death Syndrome:

<https://www.nhs.uk/conditions/sudden-infant-death-syndrome-sids/>

NHS advice for further information on safety of sleeping children:

<https://www.nhs.uk/conditions/baby/caring-for-a-newborn/reduce-the-risk-of-sudden-infant-death-syndrome/>

This policy was adopted on	Signed on behalf of the nursery	Date for review
<i>April 2024 Reviewed February 2025 - SK</i>	<i>Lorna Hodgett</i>	<i>April 2026</i>