

SAFER SLEEP AND REST POLICY

POLICY STATEMENT

At St Eval Preschool, we recognise that children need sufficient opportunities for rest and sleep to support their health, wellbeing, development and emotional regulation.

We are committed to providing a safe, suitable and comfortable environment for any child who becomes tired or requires a period of rest or sleep while attending preschool.

St Eval Preschool does **not operate scheduled or routine nap times**. Our children are aged between 2 and 4 years and our daily routine does not include a designated sleep period. However, we recognise that individual children may become tired during a session and may need a quiet period of rest or, occasionally, sleep.

Where a child requires sleep or rest, we will respond to their individual needs and ensure that appropriate safer-sleep arrangements are followed in accordance with the Early Years Foundation Stage (EYFS) statutory framework for group and school-based providers, effective from 1 September 2026, and current Department for Education safer-sleep guidance.

Aims

This policy aims to ensure that:

- children are provided with a safe environment in which to rest or sleep when required;
- individual children's needs, routines and preferences are considered;
- staff understand their responsibilities when a child sleeps or rests at preschool;
- children are appropriately supervised while sleeping;
- sleep arrangements minimise the risk of suffocation, overheating, entrapment, falls and other foreseeable hazards;
- parents and carers are kept appropriately informed about their child's sleep or rest needs;
- staff respond appropriately if a child unexpectedly falls asleep;
- any concerns regarding a child's sleep, health or wellbeing are appropriately recorded and shared with parents/carers and, where necessary, relevant professionals.

Individual Needs

Although St Eval Preschool does not provide scheduled nap times, we recognise that children develop at different rates and may have differing sleep requirements.

A child may require a period of rest because they:

- are particularly tired;
- have had a disrupted night's sleep;
- are unwell or recovering from illness;
- have additional needs which affect their energy levels or regulation;
- are experiencing a significant change in routine;
- have an individual care plan or medical need which means that rest is required.

Staff will respond sensitively to signs that a child may need to rest, such as tiredness, reduced engagement, irritability, yawning, rubbing their eyes or seeking a quieter environment.

Children will not be forced or encouraged to sleep if they do not wish to do so.

Providing a Suitable Rest Area

A quiet and suitable area will be made available for a child who needs to rest.

Where a child is sleeping, staff will ensure that:

- the sleep area is safe, clean and free from hazards;
- the child has an appropriate, clear and firm sleep surface where sleep is required;
- the area is suitably ventilated and maintained at a comfortable temperature;
- the child is not exposed to excessive heat or cold;
- the child is not surrounded by loose or unnecessary items which could present a risk;
- the child is positioned safely and appropriately for their age;

- the child remains within the sight and hearing of staff at all times.

Children will not be permitted to sleep on sofas, armchairs, beanbags or other soft furnishings where this could create a foreseeable risk.

Where a child aged over 12 months falls asleep unexpectedly, staff will, where possible, transition the child to their own separate sleep space on a clear, flat and firm surface. This is consistent with current Department for Education safer-sleep guidance.

Supervision and Monitoring

Children must always remain within sight and hearing of staff while sleeping.

Staff will check sleeping children regularly and ensure that their position, breathing, temperature and general wellbeing remain appropriate.

Staff will use their professional judgement when determining the frequency of checks, taking into account:

- the child's age;
- the child's individual needs;
- how the child is sleeping;
- any known medical or health considerations;
- the room temperature and environmental conditions;
- any information provided by parents/carers.

A sleeping child will never be left unsupervised.

If a member of staff has any concern about a sleeping child's breathing, colour, temperature, position or general wellbeing, they will immediately assess the child and follow the preschool's emergency and first-aid procedures where necessary.

Safer Sleep Requirements

St Eval Preschool will follow the current EYFS safer-sleep requirements applicable to the children in our care.

The specific EYFS requirements for children under two years of age include placing the child on their back to sleep, using an appropriate separate sleep space with a clear, flat and firm surface, keeping the sleep space free from unnecessary items, preventing overheating and ensuring children remain within sight and hearing of staff. Babies aged 12 months and under must sleep in a cot, including a suitable travel cot, carrycot or Moses basket.

St Eval Preschool currently cares for children aged 2–4 years. Should the age range of the provision change, or should a child under two attend, the setting will ensure that all applicable EYFS safer-sleep requirements are followed.

Clothing, Bedding and Comfort Items

Children should be dressed appropriately for the temperature of the room.

Staff will be alert to signs that a child may be too hot or too cold. Where appropriate, staff will adjust clothing or bedding.

Children's heads must not be covered while sleeping.

For children over 12 months, an appropriate comforter may be used where this forms part of the child's individual routine and does not create a safety risk. Unnecessary items will not be placed in a child's sleep space.

Sleep and Travelling

If a child falls asleep while travelling to or from the preschool, staff will follow current safer-sleep guidance.

If a child aged over 12 months falls asleep in a car seat or other travel equipment while travelling to preschool, they should be transferred to an appropriate separate sleep space as soon as reasonably possible after arriving at the setting.

A car seat, pushchair or other travel equipment will not be used as a child's routine sleep space.

Current Department for Education guidance states that children over 12 months who fall asleep while travelling should, where possible, be transitioned to their own separate sleep space on a clear, flat and firm surface once they return to the setting.

Children Who Fall Asleep Unexpectedly

If a child who does not normally sleep at preschool falls asleep during a session, staff will:

- Ensure that the child is in a safe position.
- Remove any immediate hazards.
- Where possible, move the child to an appropriate separate sleep space.
- Ensure the child remains within sight and hearing of staff.
- Monitor the child appropriately while they sleep.
- Consider whether the child may be unwell or displaying any other symptoms.
- Inform the child's parent/carer when appropriate.
- Record the sleep/rest period where this is significant or forms part of the child's individual care arrangements.

If the child appears unusually sleepy, lethargic, unwell or difficult to rouse, staff will follow the preschool's illness, first-aid and emergency procedures and seek appropriate medical assistance where necessary.

Partnership with Parents and Carers

Parents and carers are encouraged to inform St Eval Preschool about their child's usual sleep routine, particularly where this may affect their child's wellbeing during preschool sessions.

Parents/carers should inform the setting of any relevant changes, including:

- significant changes to sleep patterns;
- medical conditions affecting sleep;
- medication which may cause drowsiness;
- specific sleep or rest requirements;
- advice received from a health professional.

Where a child regularly requires sleep during their preschool session, staff will discuss this with the parent/carer and consider whether an individual approach or care plan is required.

Children with Additional Needs or Medical Requirements

Where a child has additional needs, a disability or medical condition that affects their sleep, rest or positioning, St Eval Preschool will work in partnership with parents/carers and relevant professionals to ensure that appropriate arrangements are in place.

Any specific sleep or rest arrangements will be documented where necessary and shared with relevant staff.

Staff will not implement specialist positioning, medical equipment or other arrangements without appropriate advice, training or instructions where these are required.

Staff Responsibilities

All staff are responsible for following this policy and maintaining safe sleeping and resting arrangements. Staff must:

- understand the preschool's safer-sleep procedures;
- remain vigilant while children are sleeping;
- ensure sleeping children remain within sight and hearing;
- carry out appropriate checks;
- maintain a safe and suitable sleep environment;
- report and record any concerns appropriately;
- follow first-aid and emergency procedures where necessary;
- communicate relevant information to parents/carers and the Manager.
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The Manager is responsible for ensuring that staff are aware of current safer-sleep guidance and that the preschool's arrangements remain compliant with the EYFS.

Recording Sleep and Rest

As St Eval Preschool does not operate scheduled nap times, routine sleep records are not required for every child.

However, staff will record significant or unusual sleep episodes where appropriate, particularly where:

- a child falls asleep unexpectedly;
- the child sleeps for an extended period;
- there is a concern about the child's health or wellbeing;
- the child has an identified medical or additional need;
- a parent/carer has requested that sleep is monitored;



- staff consider that a record is necessary to support the child's care.

Parents/carers will be informed of any significant concerns or unusual changes in their child's sleep or wellbeing.

Safe Environment Checks

The Manager and staff will ensure that any area used for rest or sleep is routinely checked to ensure it remains safe and suitable.

Checks will include:

- condition and cleanliness of any sleep equipment;
- suitability of the sleep surface;
- removal of unnecessary items;
- room temperature and ventilation;
- accessibility and visibility for staff;
- potential hazards within the child's immediate environment.

Any damaged or unsuitable equipment will be removed from use immediately.

Safeguarding

A child's sleepiness, tiredness or change in usual behaviour may occasionally indicate illness, distress or another safeguarding or welfare concern.

Staff will remain alert to significant or unexplained changes in a child's presentation.

Any safeguarding concern will be dealt with in accordance with the preschool's Safeguarding and Child Protection Policy, including consultation with the Designated Safeguarding Lead (DSL) where appropriate.

Review

This policy will be reviewed annually, or sooner where there are:

- changes to the EYFS statutory framework;
- changes to Department for Education safer-sleep guidance;
- changes to the age range or provision offered by St Eval Preschool;
- changes to relevant health and safety guidance;
- significant incidents or learning arising from practice.

The policy will be made available to staff and parents/carers as appropriate.

Relevant Guidance and Legislation

This policy should be read alongside:

- Early Years Foundation Stage (EYFS) Statutory Framework for Group and School-Based Providers – effective from 1 September 2026
- Department for Education – Safer Sleep guidance for early years providers
- The Lullaby Trust – Safer Sleep guidance
- Health & Safety Policy
- First Aid Policy
- Illness & Infection Policy
- Safeguarding & Child Protection Policy
- Administration of Medication Policy
- Special Educational Needs and Disability (SEND) Policy



All Policies to be reviewed annually.

Acceptance of Policy			
APPROVAL		AGREED	
Signature:		Signature:	
Name & Position:	Rachael Richards - Manager	Name & Position:	On behalf of the committee
Date:		Date:	
Review Record			
Reviewed by:		Position:	Date:
Reviewed by:		Position:	Date:
Reviewed by:		Position:	Date:

Reviewed by:	Position:	Date:
Reviewed by:	Position:	Date: