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## Sleeping Policy

### Policy Statement

Adequate sleep and rest are essential to children's health, development and emotional wellbeing. At Peques, sleep and rest are provided in a calm, safe and nurturing environment which respects children's individual needs and family preferences. Children are encouraged to rest or sleep but are never forced to do so.

The safety of children while sleeping is paramount. Peques follows NHS safer sleep guidance and The Lullaby Trust's safer sleep guidance for early years settings, together with robust supervision arrangements, to minimise risk and ensure children are safeguarded at all times.

### 1. Sleep Locations and Group Arrangements

- **The Crystals (babies)** sleep in cots within the Baby Room in PFB and within the mezzanine Baby Room area in PPG.
- **The Diamonds (1.5–2 years)** sleep on rest mats in their group area.
- **The Rainbows (2–3 years)** sleep on rest mats in their group area.
- **The Indigos** sleep on rest mats in their group area (occasionally they may sleep in the Rainbows area) where parents/carers have requested rest or where the child indicates a need to sleep.

All sleep areas are familiar, calm and age appropriate.

### 2. Cots, Bedding and Hygiene

#### Babies (Crystals Group):

- Babies are allocated **individual cots**.
- In some cases, a cot may be shared by **two different children attending on different days**. Where this occurs:
  - the mattress protector is washed **after the child has slept and before the other child uses the cot**;
  - fitted sheets are washed **daily**, regardless of whether cots are exclusive or shared.
- Where a cot is used exclusively by one child, mattress protectors are washed **weekly** or sooner if soiled.
- Mattresses are waterproof, firm, flat, British Standards approved and are renewed annually.
- Shared cots have **interchangeable photo labels** displaying the name and photograph of the child attending on that day.
- A **cot log** is maintained, including the child's name, photograph and allocated cot.
- Babies in the Crystals Group are allocated an **individual sleep sack** conforming to BS EN 16781.
- Lower tog sleep sacks (1.5 TOG) are used in warmer months and higher tog sleep sacks (2.5 TOG) are used in colder months, according to room temperature and the child's comfort.
- The Baby Room temperature is checked throughout the day and recorded before each sleep session. The recorded temperature is used to confirm that the correct tog sleep sack is selected for each baby prior to being placed down to sleep.
- Each child's allocated sleep **sack is washed weekly**, or sooner if dirty or soiled, in the same way that older children's allocated sleep blankets are washed weekly, or sooner if dirty or soiled.

#### Diamonds, Rainbows & Indigos:

- Children in the Diamonds, Rainbows and Indigos groups sleep on rest mats with fitted sheets and individual allocated blankets.
- Each child is allocated an individual blanket, which is stored in an individual named bag.

- Blankets are tucked below the child's shoulders, with the child placed with their feet to the foot of the rest mat.
- Rest mats are cleaned after each use.
- Fitted sheets are washed daily at 60°C.
- Individual allocated blankets are washed weekly, or sooner if dirty or soiled.

### 3. Safer Sleep Practice

- Babies sleep **only in cots**.
- Babies are placed to sleep:
  - on their backs, with feet touching the end of the cot;
  - on a firm, flat mattress with a fitted sheet;
  - without soft toys or loose items that could pose a suffocation risk.
  - in British Standards approved sleeping bags appropriate to room temperature.
- Room temperature is maintained between **16°C and 20°C**.

Before a baby is laid down to sleep, staff ensure:

- the baby's mouth is checked for food or foreign objects using a disposable glove (a new glove is used for each child);
- the baby has a clean nappy and dry clothes;
- the baby is not too hot or too cold;
- all bibs and outer clothing are removed;
- the baby has been fed or offered a drink;
- the baby is comforted with a cuddle, calm interaction or story.

Under 2's are always placed down to sleep on their backs. If the child rolls onto their side or front independently during sleep, they will not be moved. Where a baby is not yet able to roll comfortably back and forth independently, staff will place the baby back onto their back to support safer sleep practice. In line with The Lullaby Trust guidance: "Once your baby can move themselves from their back to their front and back again by themselves, they will be able to find their own sleeping position. The first few times they roll onto their tummy, you might like to gently turn them back, but don't feel you have to get up all night to check on them." (The Lullaby Trust, Sleeping Position, [www.lullabytrust.org.uk](http://www.lullabytrust.org.uk), last updated March 2026).

During the period when a baby is first developing the ability to roll in both directions, staff will use professional judgement and may gently reposition the baby onto their back, particularly in the early weeks of this developmental stage.

Children are never left to cry themselves to sleep. If a child does not settle, staff will respond promptly to comfort and reassure them. Staff will continue to support the child in a calm, nurturing and responsive way, in line with the child's individual sleep needs and routine. If a child falls asleep unexpectedly in a staff member's arms, they will be placed in their cot or designated sleep space to continue sleeping safely. If outer clothing could not be removed or, where relevant, a nappy could not be changed before sleep, clothing will be loosened and staff informed so that this can be addressed promptly on waking.

### 4. Sleep Monitoring and Supervision

- Sleep supervision is managed in line with the EYFS statutory framework and Peques' sleeping procedures. Staff: child ratios are maintained across the whole provision, not by room alone. Staff breaks are staggered and, to support safe staff breaks, Peques deploys lunch cover personnel and supernumerary staff across the nursery so that required ratios are always maintained. Children who are asleep remain subject to regular monitoring and are checked every 10 minutes in accordance with our sleep monitoring procedures.
- CCTV operates in all areas of the nursery, including sleep areas, in line with the Access Controlled Security System Protocol. CCTV is a supplementary measure only and does not substitute direct supervision. The required number of staff are always physically present with sleeping children, within sight and hearing, at all times.

- Safer sleep and Sudden Infant Death Syndrome (SIDS) awareness form part of all staff inductions across all groups. All staff, regardless of the age group they work with, receive safer sleep and SIDS training.

Staff supervising sleeping children will:

- carry out visual and physical checks **at 10-minute intervals** to ensure children are safe and breathing normally;
- record checks on a sleep monitoring section in Family app by initialling each 10-minute interval;
- record sleep and wake times, which are entered on the Family app against the child's profile and are visible to parents/carers;
- check that children are comfortable and not too hot or too cold;
- ensure appropriate spacing of rest mats, with children positioned head-to-tail where mats are used.

## 5. Linen and Rest Mats

- Rest mats are sanitised **after each use**.
- All bed linen is washed **daily at 60°C**, in line with NHS guidance.
- Individual allocated blankets (Diamonds, Rainbows and Indigos) and Sleep Sacks (Crystals) are washed weekly (or sooner if dirty or soiled) at **60°C**.

## 6. Partnership with Parents and Carers

- Parents' preferences and wishes regarding their child's sleep routines are valued and respected.
- Sleep routines are discussed as part of settling-in and reviewed regularly.
- Any changes in sleep patterns are shared with parents/carers.

**This policy should be read in conjunction with:**

- Safeguarding Children Policy & Procedure
- Health and Safety Policy
- Infection Control Policy
- Sleeping Policy
- Nutrition Policy
- The Role of the Key Person Policy
- Settling In Policy
- Nappy Changing and Intimate Care Policy and Procedure
- Teething Policy and Procedure

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**Approval route:** Head Office