Misterton Primary and Nursery School

Sleep and Rest Policy

Sleep and Rest Policy

This section sets out the procedures and safety expectations for sleep and rest within the Early Years Foundation Stage (EYFS) and wider school. It ensures all children are provided with a safe and developmentally appropriate sleep environment in line with statutory safeguarding requirements and recognised safer-sleep guidance. The Early Years Team work closely with parents to support children's sleep care, routines and rest so that continuity of support can be maintained between home, Early Years and wider school. Staff provide a positive climate to encourage parents and carers to share information openly around the child's developing sleep needs, or if a child is having difficulty with sleeping at home and this is impacting on their daily well-being.

Principles

Children must be kept safe, comfortable, and within sight and hearing at all times during sleep or rest. Sleep environments must be firm, flat, uncluttered, and free from hazards. Staff must follow DfE safer-sleep guidance, EYFS Statutory Framework, and Lullaby Trust recommendations. Overheating must be prevented; room temperature should remain 16–20°C. Sleep routines must be individualised, respectful of parental preferences, and responsive to children's needs.

Sleep Environment

• Children sleep or rest on firm, flat, individual sleep surfaces, such as nap cots or sleep mats.

• Sleep surfaces must be clean, well-maintained, and meet safety standards.

• Bedding must be lightweight, appropriate to room temperature, and never cover the face.

• No pillows, duvets, soft toys, cot bumpers, loose blankets, or weighted items are permitted.

• Sleep areas must be free from cords, heaters, radiators, and other hazards.

Supervision

• Sleeping children must remain within sight and hearing of staff at all times.

• Staff must check children's breathing, comfort, and temperature at regular intervals.- every ten minutes.

• Staff must ensure children do not become too hot; checks should be made by feeling the back of the neck or chest, not hands or feet.

Temperature & Clothing

• The safe sleep temperature for EYFS provision is 16–20°C. A thermometer is on the wall of every classroom for staff to check.

• Clothing and bedding must be adjusted according to room temperature using recognised TOG guidance.

• Hats, hoods, and outdoor clothing must be removed before sleep.

Individual Needs

• Sleep routines must reflect children's age, development, cultural expectations, and parental preferences.

• Staff must follow any medical plans relating to sleep, breathing, or positioning.

• Children who do not sleep must be offered a quiet rest activity.

Hygiene & Infection Control

• Each child must have individual bedding, stored separately and washed regularly.

• Sleep surfaces must be cleaned after each use.

• Staff must follow the setting's infection-control procedures.

Recording & Monitoring

• Sleep checks may be recorded if specific safeguarding, medical, or SEND need requires it.

• Any concerns about breathing, temperature, or wellbeing must be reported immediately to the DSL and parents.

• Sleep arrangements are reviewed annually as part of the EYFS policy cycle.

Staff Training

All staff working in EYFS must receive training in:

• Safe sleep practice

• Recognising signs of overheating or distress

• Supervision and monitoring procedures

• Emergency response and first aid

This policy has been developed with regard to:

Early Years Foundation Stage (EYFS) Statutory Framework for Group and School-Based Providers.

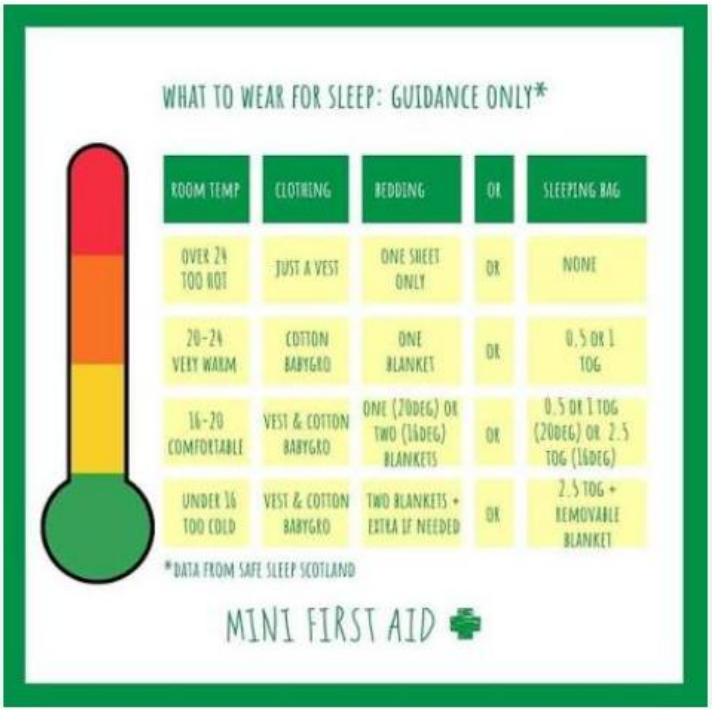
Department for Education (DfE) Early Years Foundation Stage Welfare Requirements.

Department for Education Safer Sleep Guidance for Early Years Providers.

The Lullaby Trust Safer Sleep Guidance and Early Years Resources.

Written by: S.Savory July 26

Reviewed annually, or sooner if statutory guidance changes.


WHAT TO WEAR FOR SLEEP: GUIDANCE ONLY*
ROOM TEMP
CLOTHING
BEDDING
OR
SLEEPING BAG
OVER 24 TOO HOT
JUST A VEST
ONE SHEET ONLY
OR
NONE
20-24 VERY WARM
COTTON BABYGRO
ONE BLANKET
OR
0.5 OR 1 TOG
16-20 COMFORTABLE
VEST & COTTON BABYGRO
ONE (20DEG) OR TWO (16DEG) BLANKETS
OR
0.5 OR 1 TOG (20DEG) OR 2.5 TOG (16DEG)
UNDER 16 TOO COLD
VEST & COTTON BABYGRO
TWO BLANKETS + EXTRA IF NEEDED
OR
2.5 TOG + REMOVABLE BLANKET
*DATA FROM SAFE SLEEP SCOTLAND
MINI FIRST AID


ergoPouch
What to Wear Guide
Room temp
0.2 TOG (cool) Pouch
1.0 TOG (mild) Pouch
2.5 TOG (warm) Pouch
3.5 TOG (warmest) Pouch
26°C
25°C
24°C
23°C
22°C
21°C
20°C
19°C
18°C
17°C
16°C
15°C
14°C
13°C
12°C