

Lancaster Lane Primary and Pre-School

EYFS Sleep and Rest Policy



1. Purpose

At Lancaster Lane Primary and Pre-School, sleep is not part of the planned daily routine for children in Pre-School or Reception. We recognise, however, that an individual child may occasionally become tired and fall asleep during the school day. This policy ensures that, should this occur, the child's safety and wellbeing are prioritised.

2. Rest and Sleep

Children who are tired may be offered a quiet opportunity to rest within the Early Years environment. Staff will respond to each child's individual needs and will not deliberately prevent a tired child from sleeping.

If a child falls asleep, staff will:

- ensure they are in a safe, quiet and appropriately supervised area;
- place them on a clear, flat and firm mattress/sleep mat, with a waterproof cover and a freshly washed sheet over the mattress.
- ensure their airway is unobstructed and remove any unnecessary loose or soft items;
- ensure they are appropriately dressed and not overheated;
- maintain appropriate supervision and regularly check on the child;
- allow the child to wake naturally, unless there is a reason to gently wake them in the interests of their wellbeing or the practical arrangements of the setting.

Children will not be left sleeping unsupervised or in an unsuitable location such as a sofa or armchair.

3. Parents/Carers

Parents/carers will be informed if their child falls asleep where this is unusual, the sleep is prolonged, the child appears unusually tired or unwell, or where staff have any concerns about the child's wellbeing.

If a child begins to fall asleep regularly during the school day, staff will work with parents/carers to understand the child's individual needs and agree an appropriate approach.

4. Recording and Concerns

An unexpected or prolonged period of sleep may be recorded on CPOMS. Any concerns about a child's health, welfare or behaviour will be managed in line with the school's relevant policies, including its Child Protection and Safeguarding Policy.

5. Policy Basis

This policy should be read alongside the EYFS Statutory Framework for Group and School-Based Providers (2026), current DfE safer-sleep guidance and guidance from The Lullaby Trust.