



MEYNELL
NURSERY & PRIMARY SCHOOL

Sleep Policy

Author:	N Churchus
Committee:	-
Last Review/Update:	01/09/2025
Level of Change:	-
Next Review:	-

Aspire . Believe . Explore . Achieve

Policy Statement

At Meynell Nursery and Primary School, we recognise the critical role of sleep in supporting children's physical health, emotional well-being, and cognitive development. This Sleep Policy ensures that children have a safe, comfortable, and age-appropriate sleep routine while in our care, following the latest EYFS 2025 requirements.

Sleep Environment

- A dedicated, quiet, and calming sleep area will be provided to ensure a restful environment.
 - The sleep area will be well-ventilated, free from hazards, and maintained at a comfortable temperature.
 - All sleep equipment, will be checked regularly for safety and cleanliness.
-

Sleep Routines

- Each child's sleep routine will be established in consultation with parents and tailored to their individual needs.
 - Calm, soothing activities such as reading, soft music, and gentle lighting will be used to help children transition to sleep.
 - We will maintain consistency between home and setting sleep routines to provide a sense of security for children.
-

Age-Appropriate Sleep Schedules

- Younger children who require multiple naps will have schedules adapted to their developmental needs.
 - Older children will have the option for quiet rest periods if they no longer nap.
 - Sleep schedules will remain flexible to accommodate children's changing needs and ensure their overall well-being.
-

Safe Sleep Practices

- We will strictly follow safe sleep guidance from health authorities and the EYFS framework:
 - A firm, flat, and appropriately sized sleep surface will be used.
 - Sleep areas will be regularly cleaned and maintained.
-

Supervision and Monitoring

- Sleeping children will be monitored regularly with visual checks to ensure their safety.
 - Staff will be trained in safe sleep practices and will respond promptly to children who wake or show signs of distress.
-

Comfort and Security

- Comfort items such as pacifiers, small blankets, or soft toys (as agreed upon with parents) may be provided to help children settle.
 - Staff will use gentle reassurance techniques to help children feel secure and relaxed.
-

Communication with Parents

- Parents or legal guardians will be informed about their child's sleep patterns, including nap duration and any observed sleep-related behaviours.
 - Parents are encouraged to share updates on their child's sleep routine at home to help maintain consistency.
-

Sudden Infant Death Syndrome (SIDS) Prevention

- We will follow the latest SIDS prevention guidelines and educate both staff and parents on safe sleep practices.
 - Any changes to recommended sleep practices will be promptly communicated to parents.
-

Documentation

- Detailed records of children's sleep patterns and nap times will be maintained to track individual needs and changes.

- Any significant concerns or changes in a child's sleep behaviour will be documented and shared with parents as necessary.
-

Alignment with EYFS 2025 Changes

From September 2025, the updated EYFS framework emphasises enhanced safety measures and the importance of personalised care routines, including sleep. Our Sleep Policy aligns with these new regulations by:

- Ensuring staff are trained in safer sleep practices, including updated SIDS prevention guidelines.
 - Monitoring children's well-being through enhanced supervision during sleep and documenting sleep patterns.
 - Encouraging stronger collaboration with parents to maintain consistent sleep routines both at home and in the setting.
 - Implementing safer sleep environments, in line with new EYFS and NHS sleep safety recommendations.
-

Review and Monitoring

This policy will be reviewed annually or more frequently if required, to ensure continued compliance with EYFS 2025 updates, safeguarding regulations, and best practices. We welcome feedback from parents, legal guardians, and staff members to continuously improve our sleep policy.