



Safe Sleep & Rest Policy

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Last review date:	May 2026			
Next Review date:	May 2027			
Review Cycle:	3 years			
Statutory Policy:	Yes			
Publication:	Website. G/Policies			
Owner	EYFS Lead			
Date	Version	Reason for change	Overview of changes made	Source
May 2026	0.1		New policy - CG - Internal and Board lead review / creation.	
8th May 2026	1		Ratified	

1. Statement of Intent

Our Trust understands that sleep is vital for a child's growth and development. We are committed to providing a safe, comfortable environment for all children and whilst our Trust schools do not include scheduled nap periods in our daily curriculum as all children are aged aged 3 and older, we recognise that children may occasionally fall asleep naturally; in such instances, we provide a safe, supervised space for them to rest until they wake or are gently transitioned back to activity. In these instances, staff will initiate an Individual Sleep Log (appendix A) to document the duration of the rest and perform regular safety checks until the child awakes.

The aim of this policy is to:

- Ensure all staff are trained and empowered to maintain a safe sleep culture if this should occur.
- Provide clear procedures for unexpected sleep.

2. Legal Framework

This policy complies with all relevant legislation and statutory guidance, including:

- **DfE (2024)** 'Early years foundation stage statutory framework'.
- **DfE (2026)** 'Keeping children safe in education'.
- The Childcare (Disqualification) and Childcare (Early Years Provision Free of Charge) (Extended Entitlement) (Amendment) Regulations 2018.
- **Children Act 1989**.

This policy also operates in conjunction with safe sleep guidelines published by The Lullaby Trust.

3. Safe Sleep Environment & Equipment

As a school without a designated sleeping time or area, this is the expectation for our environment should a child fall asleep.

- Practitioners must ensure the physical sleeping environment is hazard-free and comfortable.
- Only approved sleep mats will be used. Pillows, duvets, and bulky or weighted bedding are strictly prohibited.
- Whilst we do not have designated sleeping areas, where the child sleeps will be clear of loose items, toys, bibs, bottles, or dummies with clips.
- No pods, nests, or products designed to strap a child into a position are permitted.

4. Sleeping Positions and Procedures

- If a child falls asleep in a sitting position (e.g., during story time or at a table), they must be moved immediately to a flat, firm surface to sleep on their back.
- Staff must ensure a child's chin is off their chest and their airway remains open and clear.

5. Supervision and Monitoring

Supervision is active and continuous.

- Children must never be left in a room alone while sleeping.
- Practitioners must remain in close proximity to respond to emergencies or basic needs.
- Each child must be checked at least every 10 minutes.
- If a child falls asleep during the school day, it must be recorded on an individual sleep log, (appendix A) noting the time asleep, times checked, and time awake.

6. Medical and SEND Considerations

- Staff must be familiar with individual healthcare plans and how medical conditions or medications may impact the need for sleep.
- Specialist equipment or additional supervision may be provided for children with sensory issues, mobility issues, or breathing difficulties.

7. Intimate Care: Nappy Changing and Toileting

In alignment with the Statutory Framework and inspection feedback, TSSMAT ensures:

- All nappy changing is conducted in a dedicated area designed to protect the child's privacy.
- Procedures are in place to safeguard both the child and the practitioner during intimate care.
- We work with parents to support toilet training. Parents and staff are encouraged to use resources from:
 - **ERIC (The Children's Bowel & Bladder Charity):** <https://eric.org.uk/>
 - **DfE Health and Wellbeing:** [Toilet training support for providers](#)

8. Roles, Responsibilities, and Training

Children can join our nurseries from when they are 3 years old, and our Reception classes from 5. Although we do not put children to sleep, there are occasions when young children, and children with SEN needs do fall asleep.

- **Trust/EYFS Lead:** Responsible for establishing a safe sleep culture, and carrying out appropriate risk assessments.
- **Practitioners:** Must be Paediatric First Aid (PFA) (12 hour course) trained and able to respond to signs of distress or breathing difficulties.
- **Parents:** Responsible for communicating sleep patterns and routines and ensuring safe sleep practices continue at home.
- **Training:** All staff are encouraged to access the free safer sleep webinars provided by the Staffordshire Safeguarding Children's Partnership (SSCP) learning platform.

9. Emergencies

In the event of an emergency:

- At least one PFA-certified practitioner will be present at all times.
- Staff will follow the Trust's rapid-response emergency procedures and contact emergency services immediately if breathing difficulties or seizures occur.

Appendix A Spontaneous Sleep Monitoring Record

INDIVIDUAL SLEEP LOG

Child's Name:

Date:

Staff Member:

Location:

Event Time (HH:MM) Observations / Notes

Time Asleep Child fell asleep during:

Check #1 Breathing regular? Yes No

Check #2

Check #3

Check #4

Check #5

Check #6

Time Awake Method: Natural Woken

Total Sleep Duration: _____

Staff Signature: Date:

This log is used for unscheduled sleep episodes only. For children aged 3+, monitoring ensures safety and physical comfort while resting. Maintain this record in the child's file.