



Cringleford Crackerjacks

5.12 Sleep and Rest Policy

Policy Statement

At our setting, we recognise that sleep and rest are essential for young children's health, development, and emotional wellbeing. We are committed to providing a safe, calm, and nurturing sleep environment in line with the **EYFS Statutory Framework** and current safe sleep guidance.

We work closely with parents and carers to ensure each child's individual sleep needs and routines are respected and supported.

Sleep Times

Our designated sleep window is **1:00pm – 2:30pm**.

Staff will work with parents to understand each child's usual sleep routine, preferences, and comfort needs.

Supervision and Monitoring

- Sleeping children **remain in supervision** or will be checked at a **minimum of every 10 minutes**.
- Staff will carry out **regular physical checks**, which include:
 - Visually checking breathing.
 - Physically checking for signs of breathing (e.g. observing chest movement).
 - Ensuring children are not overheated.
 - Removing any potential hazards from the sleep area.
- All checks will be **logged using the Famly app**

If a child falls asleep in a playroom or other area not designated for sleep, staff may move the child to a safe sleep space, following safe manual handling procedures and ensuring minimal disturbance.



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Safe Sleep Procedures

We follow recognised safe sleep guidance:

Sleep Environment

- Children will sleep in a clear, hazard-free space.
- No toys, pillows, or loose items will be placed in sleep areas.
- Sleep mats/cots will be positioned to allow staff clear visibility and access.
- The room will be maintained at a **safe and comfortable temperature (16–20°C where possible)**.

Bedding

- Bedding will be **cleaned and washed daily**.
 - Blankets will be lightweight and securely tucked in.
 - Children will not have blankets covering their heads.
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Comfort and Settling

We understand that some children need reassurance to settle.

- Staff may gently **stroke or pat children** to help them settle.
 - Calm, quiet reassurance will be provided as needed.
 - We promote self-soothing skills while ensuring children feel safe and supported.
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Partnership with Parents

We work in close partnership with families to:

- Agree on individual sleep routines and preferences.
- Share information about sleep patterns and duration via the Famly app.
- Provide guidance and support around safe sleep practices if requested.
- Any sleep preferences can be discussed with key person.

If a child's sleep pattern changes significantly, this will be discussed with parents.



Cultural Considerations

We recognise that sleep practices may vary between cultures and families.

- Parents are encouraged to discuss cultural sleep practices with staff.
- We will respectfully consider cultural preferences while ensuring all practices remain compliant with EYFS requirements and safe sleep guidance.
- Where a requested practice is not considered safe within the setting, we will sensitively explain our legal and safeguarding responsibilities.

This policy was adopted at a meeting:	
Held on	Date
Date to be reviewed	Date
Signed on behalf of the Committee	
Name of signatory	
Role of signatory (e.g. Chair)	