



Be Strong and Courageous

EYFS Sleep and Rest Policy

Date: September 2026

Review date: September 2027

Purpose

Children attending St Issey Nursery are aged two years and over. We recognise that some younger children may need to sleep or rest during the nursery day.

Children will be allowed to sleep when they need to. Staff will take account of information provided by parents and carers about their child's usual sleep routine.

Sleeping arrangements

If a child needs to sleep, staff will provide a quiet and suitable place for them to rest.

Children will sleep:

- in their own sleep space;
- on a clear, flat and firm surface, such as a suitable mattress or bed;
- away from soft furnishings or other items that could present a risk;
- without coats or excessive clothing that could cause overheating.

Sleeping equipment and bedding will be clean, suitable for the child's age and kept in good condition.

Children will not routinely sleep in car seats, pushchairs, sofas, beanbags or similar seating.

Supervision

Sleeping children will remain within sight and hearing of staff.

Staff will check sleeping children frequently to confirm that they are:

- breathing normally;
- in a safe sleeping position;
- not too hot or cold; and
- not obstructed by bedding or other objects.

Staff will respond immediately if they have any concerns about a sleeping child.

Individual needs

Parents and carers should tell nursery staff about any medical condition, additional need or professional advice that affects their child's sleep.

Where a child has specific medical requirements, staff will follow the child's healthcare plan or other agreed arrangements.

Children will not be forced to sleep or kept awake when they clearly need to rest.

Illness

Unusual tiredness or difficulty waking may be a sign of illness.

If staff are concerned about a sleeping child's health, they will follow the school's first aid and emergency procedures and contact parents or emergency services where appropriate.

Responsibilities

All nursery staff are responsible for following this policy and the current Early Years Foundation Stage statutory requirements relating to safer sleep.

The Headteacher and EYFS Lead will review sleeping arrangements as part of the school's normal health and safety and safeguarding procedures.

Related documents

This policy should be read alongside:

- Early Years Foundation Stage statutory framework;
- School Safeguarding and Child Protection Policy;
- First Aid Policy;
- Health and Safety Policy; and
- Supporting Pupils with Medical Conditions Policy.