Birchwood Nursery School

Sleep Policy

Policy Review

This policy will be reviewed by the Headteacher every 3 years.

This policy was reviewed and approved in October 2026.

It is next due for review in October 2029.

Sleep Policy

Version	1
Based on Model Policy	n/a
Review Body	Headteacher
Date Issued	05 October 2026
Review Frequency	Every 3 years

Version	Date	Notes
1	05 October 2026	
2		
3		

Birchwood Nursery School is committed to:

Safeguarding and promoting the welfare of children and young people and expects all staff, visitors and volunteers to share this commitment.

Eliminating discrimination, advancing equality of opportunity and fostering good relations between different groups. These factors were considered in the formation and review of this policy and will be adhered to in its implementation and application across the whole school community.

Promoting the fundamental British Values of democracy, the rule of law, individual liberty and mutual respect and tolerance of those with different faiths and beliefs: any school member or visitor expressing opinions contrary to fundamental British Values, including “extremist” views, will be actively challenged.

Every child believed in. Every child inspired.

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1. Policy Statement

Young children need sleep and rest periods for their wellbeing and to aid their general development.

Children all develop at different rates and Birchwood Nursery School must therefore meet the individual needs of each child. Children may sleep at intervals throughout the day, as and when they need to. It is the responsibility of staff to support each child with responsive sleeping.

This policy document sets out our philosophy and approaches with regards to responsive sleep and sets out the practices and checks followed by Birchwood Nursery School to reduce the risk of Sudden Infant Death Syndrome (SIDS). Checks will be carried out to ensure the safety and comfort of each child.

2. Sleep Preferences

Sleep preferences will be discussed with a parent/carer during the settling in period and again as and when the parent/carer identifies any changes or preferences to sleep patterns for their child.

We adopt the responsive sleep strategy, which is flexible to the child's need on each individual day. Whilst we aim to respect timings of sleep preferences adhered to by the parents/carers, if a child does not fall asleep within 20 minutes, they will resume play, and staff will encourage sleep again when they become tired. Similarly, in-line with the responsive sleep strategy, we will not physically wake children from their sleep before one hour, except in an emergency. After this point activities have generally resumed within the rooms, with curtains undrawn. If a child remains asleep, we wait until they naturally wake unless we need to gently wake them for home time or transition for Extended Care.

Note that children's bedding is washed weekly and stored in their individual labelled yellow bag.

3. Preparing for Sleep

It is important that children are comfortable to ensure a restful sleep. To ensure the safety and comfort of each child, staff will ensure that:

- temperature guidance on blankets and clothing is followed (see Appendix 2)
- children have been offered a drink of water before sleep
- the room is well-ventilated with a temperature between 16-20˚C where possible

Each child has:

- a clean face and hands
- a dry, clean nappy
- their comforter, if used
- shoes and loose clothing, including bibs, have been removed

Children are:

- initially placed to sleep on their backs, once children are able to roll from their front to back and back to front, they will be able to find their own sleeping position
- settled to sleep with their feet at the foot of the mat and the sheet/blanket tucked in and made up so it comes no higher than under the children's arms

Children do not sleep with large soft toys that have the potential to smother them and if a child has a comforter once they have fallen asleep the comforter will be gently removed.

Children who fall asleep whilst playing need to be gently transferred to a mat as soon as possible and should have their outer layers of clothing removed.

4. Sleep Monitoring

Sleeping children will be checked every ten minutes and the Sleep and Room Temperature Monitoring Chart completed. The room temperature will be also recorded hourly (see Appendix 1).

Staff will check and confirm that children are breathing using visual techniques as well as placing a hand on the child's chest if needed to ensure it is rising and falling in a normal breathing pattern.

5. Emergency Situations

Unresponsive or unwell child

Children who we are monitoring with a temperature of 38^{o}C or above should not be placed to sleep (see risk assessment).

Should a staff member be concerned about a child's wellbeing, they will immediately call for help from another staff member and the management team. A staff member will call 999 for immediate assistance if necessary and inform the child's parents of action taken.

Most staff attend Paediatric First Aid Training every 3 years, all staff attend allergy training every year, and other medical related courses are attended as appropriate. Staff will be expected to carry out the required procedures for a child who suffers the following effects:

- stops breathing or turns blue
- is struggling for breath
- is unconscious or seems unaware of what's going on
- experiences a seizure, even if they seem to recover
- appears to be experiencing an allergic reaction

Emergency evacuation of sleeping babies and children

In the event of an emergency evacuation, staff in the sleeping room and Room 1 will wake the children and exit with them via the nearest emergency exit. Children will be carried, if necessary.

Any child sleeping in Room 3 or 4 will be woken or carried out by the observing staff member.

APPENDIX 1: Sleep and Temperature Monitoring Chart

Date: _____ **Staff Name(s):** _____ _____

Child's Name	Time to Bed	Times Checked: (Children to be checked every 10 mins, time recorded and initialled)									Time Wake Up

Daily Notes:

Room Temp:	Time:
Room Temp:	Time:
Room Temp:	Time:

APPENDIX 2: What Should the Children Be Wearing During Sleep?

Guidance is based on the room temperature. The ideal temperature should be between 16ºC-20ºC