Sleep and rest time policy

Sleep and rest times are key times in the day for being close and promoting security. Younger children may need to sleep, but older children do not usually need to. No child is made to sleep.

All children:

- Children sleep on rest mats and have fresh, clean bedding. Pillows, cushions and soft toys are not used
- Children have a suitable place to store clothes, shoes and a special toy, book or comforter for sleep.
- Nappies are changed and heavier clothing removed.
- Hair accessories that may come loose or detach are removed before sleep/rest time.
- If children fall asleep in-situ it may be necessary to move or wake them to make sure they are comfortable; they are not left to sleep in a buggy or chair.
- Sleeping children are regularly checked at least every ten minutes and are within sight and hearing of staff. Sleep checks are logged and recorded.

Further guidance

Safer Sleep for Babies (Lullaby Trust) www.lullabytrust.org.uk/safer-sleep-advice

Reviewed on: 25th October 2026