

**Sleep Policy**

**1. Purpose**

This policy ensures a safe, nurturing, and developmentally appropriate sleep environment for children in our early years setting, following best practices and regulatory guidelines. Preschool-aged children typically require **10–13 hours of sleep per day**, including naps, to support their growth, development, and emotional regulation.

**2. Sleep Environment**

* Sleep areas will be clean, well-ventilated, and maintained at a comfortable temperature.
* Bedding and sleep equipment (mats) will be age-appropriate, safe, and regularly sanitized.
* Soft toys or comfort items from home may be permitted, provided they meet safety guidelines.

**3. Sleep Schedule and Individual Needs**

* Staff will follow a flexible approach to sleep and rest times, accommodating each child’s needs and parental preferences where possible. We support naps of at least 30 minutes to allow them to cycle through deeper sleep stages.
* Children will be encouraged to rest according to their natural sleep cycles.

**4. Safe Sleep Practices**

* Sleeping arrangements will comply with regulatory guidelines, ensuring firm, flat, waterproof mat.
* Children are not left to sleep on beanbags, or cushions, as these increase the risk of SIDS.
* Sleeping children will be frequently checked to ensure their safety, as required by the Early Years Foundation Stage (EYFS) framework.

**5. Parental Communication and Collaboration**

* Parents will be consulted on their child’s sleep routines and preferences.
* Any changes to sleep patterns or concerns will be communicated with parents.
* Parents will be informed of safe sleep practices and encouraged to follow similar guidelines at home.

**6. Staff Training and Responsibilities**

* Staff will receive training on safe sleep practices and SIDS risk reduction.
* All team members will be responsible for monitoring children’s sleep to maintain a secure and nurturing environment.