Netherton Moss Primary School

EYFS

Safe Sleep Policy
2026



Date written: September 2026

Written by DR

Policy Statement:

At Netherton Moss Primary School we are committed to ensuring that all children are provided with a safe, comfortable and well-supervised environment for resting or sleeping during the school day. Although our provision does not care for babies and our youngest children are aged three years, we recognise our responsibility to follow current safe sleep guidance and to meet the safeguarding and welfare requirements of the EYFS.

This policy sets out the procedures staff will follow to ensure children who require sleep and rest do so safely and appropriately.

Aims:

The aims of this policy are to:

- Promote the safety and wellbeing of children who sleep during the school day.
- Ensure children are appropriately supervised at all times.
- Provide a safe sleep environment.
- Meet the requirements of the EYF and Ofsted expectations.
- Work in partnership with parents regarding children's individual sleep needs.

Sleep Provision

Children who become tired during the day or who have an agreed sleep routine may rest or sleep on an individual sleep mat.

Each child will have:

- Their own clean sleep mat.

- A blanket where appropriate.

- Sufficient personal space to sleep comfortably.

Sleep mats are cleaned daily and blankets are laundered between uses or whenever it becomes soiled.

Sleep Environment

The sleep area will:

- Be clean, quiet and comfortably ventilated.

- Maintain suitable room temperature.

- Be free from hazards and trip risks.

- Allow staff to observe sleeping children easily at all times.

- Never be completely dark. Sufficient lighting will remain to enable effective supervision.

Children will not sleep in outdoor clothing or clothing that could present a risk of overheating.

Supervision

Sleeping children remain under the supervision of qualified staff at all times.

Staff will:

- Carry out regular visual checks of every sleeping child at least every 10 minutes.
- Ensure each child is breathing normally, appears comfortable and is sleeping safely.
- Record sleep checks where appropriate.
- Remain within sight or hearing of sleeping children at all times.
- Respond promptly if a child wakes or appears distressed.

Children will never ben left unsupervised while sleeping.

Safe Sleep Practices

Staff will:

- Encourage children to lie in a safe position.
- Ensure children's faces remain uncovered.
- Avoid excessive bedding or items that may cause overheating.
- Remove any objects that could pose a hazard from the sleeping area.
- Ensure children can wake naturally unless parents have requested otherwise.

As our children are aged three years and above, they are able to move independently and reposition themselves during sleep.

Children's Individual Needs

Information about children's medical needs, or additional requirements will be obtained from parents during admission and reviewed regularly.

Where a child has a medical condition that may affect sleep, an individual risk assessment will be completed and followed by staff.

Illness

Children who are unwell will be closely monitored.

If a child becomes unusually difficult to wake, experiences breathing difficulties, has a high or low temperature or staff have any concerns about their wellbeing, appropriate first aid procedures will be followed, parents will be contacted immediately and emergency services will be called if necessary.

Staff Responsibilities

All staff are responsible for:

- Following this policy consistently.

- Completing relevant safeguarding paediatric first aid and health and safety training.

- Reporting any concerns regarding children's sleep or wellbeing to the DSL.

- Following any individual healthcare plans or risk assessments.

Partnership with Parents

Parents are encouraged to discuss their child's sleep needs with staff.

Staff will:

- Share information about children's sleep where appropriate.

- Inform parents if there are any concerns regarding their child's sleep, health or wellbeing.

- Review sleep arrangements whenever a child's needs change.

Monitoring and Review

The Headteacher and EYFS lead are responsible for monitoring the implantation of this policy.

This policy will be reviewed annually or sooner if there are changes to:

- EYFS statutory requirements

- Ofsted guidance

- National safer sleep guidance

- Local safeguarding procedures.