

Safer Sleep Policy 2026/2027

Approved by: Governors	**Date: November 2026**
Signed by Chair of Governors: Mrs J Clarke	**Date: November 2026**
Next review due by: November 2027	

Belle Vue Primary Safer Sleep Policy

Nursery and Reception

At Belle Vue Primary School and Nursery, we are committed to ensuring the safety and wellbeing of all children at all times. We recognise our duty under the Early Years Foundation Stage (EYFS) to provide a safe sleeping environment for children who may require sleep or rest during the school day. We follow current guidance from the Department for Education (DfE), the Early Years Foundation Stage (EYFS) statutory framework and The Lullaby Trust to minimise risks associated with sleep and rest. The safety of children is paramount and all staff are trained to implement this policy consistently.

This policy aims to:

- Provide a safe sleep environment for all children.
- Ensure staff understand and follow safer sleep practices.
- Meet statutory safeguarding and welfare requirements.
- Work in partnership with parents and carers regarding children's sleep needs.
- Reduce the risk of accidents, suffocation and sudden unexpected death during sleep.

This policy applies to:

- Nursery children who require daytime sleep.
- Reception children who may exceptionally require rest or sleep due to individual needs, illness or additional needs.
- All staff working within the EYFS provision.

Responsibilities

The Headteacher will ensure:

- Appropriate policies and procedures are in place.
- Staff receive safeguarding and safer sleep training.
- Sleep environments meet health and safety requirements.

The EYFS Lead will:

- Monitor implementation of this policy.
- Ensure risk assessments are completed and reviewed.
- Support staff and liaise with families regarding children's sleep needs.

All staff are responsible for:

- Following safer sleep procedures.
- Monitoring sleeping children.
- Recording sleep checks where required.
- Reporting concerns immediately.
- Sleep Arrangements

Nursery

Where a child requires sleep during the school day:

- Parents will inform staff of the child's usual sleep routines.
- Individual sleep requirements will be discussed and agreed with families.
- Children will be rested in a designated, supervised sleep area.
- Sleeping children will never be left unattended.

Reception

Children in Reception would not routinely sleep during the school day. However, where a child requires rest because of:

- illness,
- additional needs,
- disability,
- emotional wellbeing needs,

appropriate arrangements will be made in consultation with parents and carers.

Safe Sleep Environment

Where sleep provision is required, staff will ensure:

- Sleep spaces are clean, safe and regularly checked.
- The environment is well ventilated.
- Children are not too hot or too cold.
- Furniture and equipment meet safety requirements.
- Sleep spaces remain free from hazards.

The recommended room temperature for sleeping children is between 16°C and 20°C. Staff will ensure sleeping environments remain comfortable and appropriately monitored.

Supervision and Monitoring

Children who are asleep will be supervised at all times.

Staff will:

- Maintain appropriate ratios at all times.
- Visually check sleeping children regularly (every 10 mins)
- Monitor breathing, colour and general wellbeing.
- Ensure children remain comfortable and safe.
- Respond immediately to any concerns.

Sleeping children will never be left alone in a room without staff supervision and will be physically checked every 10mins.

Comfort and Settling

To support children's wellbeing:

- Staff will follow known sleep routines where possible and if appropriate.
- Comfort items provided by families may be used where appropriate and safe.
- Children will not be forced to sleep.
- Quiet rest opportunities will be available for children who require downtime but do not sleep.

Medical Needs and Individual Risk Assessments

Where a child has:

- a medical condition,
- SEND,
- respiratory concerns,
- epilepsy,
- developmental needs affecting sleep,

an individual risk assessment will be completed and reviewed regularly. Parents, carers and relevant professionals will be involved in planning arrangements.

Sleep Records

Where children regularly sleep in Nursery:

Staff will record:

- Time asleep.
- Time awake.
- Any concerns or observations.
- Any unusual incidents.

Parents will be informed of significant concerns regarding sleep patterns or wellbeing.

Staff Knowledge

All EYFS staff will receive guidance to read upon safer sleep practices. This will be overseen by the school's EYFS lead, Mrs S. Richardson.

Safeguarding and Welfare

Any concerns regarding a child's health, safety or welfare whilst sleeping will be treated as a safeguarding matter and reported following the school's safeguarding procedures.

If a child becomes unresponsive or staff have concerns about a child's breathing or condition, emergency procedures will be followed immediately and medical assistance sought.

Partnership with Parents and Carers

We will:

- Discuss individual sleep requirements with families.
- Share relevant information about sleep arrangements.
- Inform parents of any concerns relating to sleep, wellbeing or health.
- Work collaboratively to ensure consistency and safety.

Monitoring and Review

This policy will be reviewed annually or sooner if:

- DfE or EYFS requirements change.
- New safeguarding guidance is issued.
- An incident indicates a review is necessary.

Belle Vue Nursery and Reception Rest and Sleep Record

Child's Name: _____

Date: _____

Age: _____

Room/Group: _____

Staff Member: _____

Pre-Rest Check

Check	Yes	No	Comments
Child appears well enough to sleep/rest	☐	☐	
Parent/carer has informed staff of any changes affecting sleep	☐	☐	
Rest area is clean, safe and appropriately supervised	☐	☐	
Sleeping mat/bed is correctly positioned	☐	☐	
Child has appropriate clothing and bedding	☐	☐	
Child can move freely and access staff if needed	☐	☐	

Sleep / Rest Session

Time Settled	Time Asleep (if applicable)	Observation Times	Sleeping/Resting Comfortably	Initials
			☐ Yes ☐ No	
			☐ Yes ☐ No	
			☐ Yes ☐ No	
			☐ Yes ☐ No	
			☐ Yes ☐ No	

Observation Frequency: Every 10 mins

Child's Sleep and Wellbeing

During observations, record any significant information:

Time	Observation

Examples:

- Sleeping comfortably
- Resting quietly but awake
- Woke briefly and resettled
- Needed comfort or reassurance
- Appeared unusually tired or distressed

Wake-Up Record

Time Woken / Got Up: _____

Mood on Waking:

- ☐ Happy and settled
- ☐ Calm
- ☐ Groggy/tired
- ☐ Upset
- ☐ Unwell
- ☐ Other: _____

Medical or Additional Needs Relevant to Sleep:

Concerns or Incidents

Record any illness, injury, unusual sleeping pattern, excessive sleepiness, breathing concerns, falls, or other significant observations.

Staff Signature

Name: _____ **Signature**: _____

Time Completed: _____