



THE
**CREATIVE
LEARNING**
PARTNERSHIP TRUST



Early Years Sleep and Rest Policy

Approved by: Elizabeth Bradbury

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Next review due by: 11/11/2026



Sleep and Rest Policy Summary

Linked Policies:

- Early Years Foundation Stage (EYFS) Statutory Framework
 - Safeguarding Children Policy
 - Risk Assessment- Monitoring Sleeping Children Procedures
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Purpose

To ensure all children in the nursery have access to safe, comfortable opportunities for rest and sleep throughout the day, recognising that rest is vital for healthy growth, development, and emotional wellbeing.

Policy Principles

- All children have different sleep and rest needs; flexibility is key.
 - The nursery provides safe, quiet, and comfortable areas for relaxation and sleep.
 - Staff work in close partnership with parents to respect individual routines and preferences.
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Procedures

1. Comforters and Comfort Blankets

- Children may bring their own comfort items (e.g., blankets, soft toys).
- These items help provide reassurance, especially during transitions and sleep times.
- Dummies/soothers may be used only during sleep or rest, at parents' request.
- The nursery does not supply or introduce dummies.

2. Rest Areas

- Each classroom/playroom includes a quiet, carpeted rest area with cushions and soft seating.
- A dedicated sleep area includes cots and mats, with sensory lighting and calming music.

3. Staff Responsibilities

- Staff understand that rest is an essential part of the child's day.
- They recognise individual sleep patterns and encourage self-awareness (children expressing when they are tired).
- Staff encourage but never force rest or sleep.

4. Parental Partnership

- Parental preferences regarding sleep are respected.
- Staff communicate regularly with parents—especially for younger children—to align routines between home and nursery.

5. Sleep Records and Monitoring

- Sleeping children are checked every 5 minutes.
 - Checks are recorded with staff initials and time.
 - Children sleep in cots or on wipeable mats to ensure comfort and hygiene.
 - Familiar staff settle children with gentle music and a calm environment.
 - No child is ever left unattended in the sleep area.
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Commitment

The nursery ensures that every child receives adequate rest and sleep according to their individual needs. Rest and relaxation are recognised as essential components of each child's health, wellbeing, and overall development.