Huby C of E Primary School

Sleep Policy 2026-2027

Shining Together Through Curiosity, Connection and Courage.

Guided by Christian values, we inspire every child to let their light shine through a love of learning.

'Let your light shine for all to see' Matthew 5:16

Approved by:	**Full Governing Body- Awaiting Date: November 2026**
Last reviewed on:	**November 2026**
Next review due on or by:	**November 2027**

The Early years foundation stage statutory framework states:

3.69 'Sleeping children must be frequently checked to ensure that they are safe. Being safe includes ensuring that cots and bedding are in good condition and suited to the age of the child, and that babies are placed down to sleep safely in line with the latest government safety guidance: Sudden infant death syndrome (SIDS) - NHS (www.nhs.uk). Practitioners may also find it helpful to read NHS advice on safety of sleeping children: Reduce the risk of sudden infant death syndrome (SIDS) - NHS (www.nhs.uk)'

Procedure:

- Staff will gather information prior to a child starting nursery whether their child still requires a nap in the day
- A quiet area of the classroom will be made available if a child needs a sleep in the day. This will be the **reading area**
- A sleep mat and cellular blanket will be put out for the child
- Staff will check the temperature and conditions of the sleeping area are appropriate and encourage other children to play away from the area
- Written records will be kept of all sleep. This includes the time the child fell asleep, 10 minute interval checks and what time they woke up. This information is available to parents/carers.
- If a child falls asleep elsewhere in the classroom or outside, they will be gently woken up and supported to the reading area, where a sleep mat will be put out for them to lie on.
- If staff feel a child has fallen asleep due to illness, parents will be contacted as soon as possible to arrange collection.

Health and safety points:

- Sleeping mats will be cleaned with antibacterial wipes after each use.
- Blankets will be removed and washed after every use.
- Clean bedding is stored in labelled covered boxes.
- Torn or damaged bedding will be removed.

Robin Class Sleep Log

date	name	Time went to sleep	10 min check (initial)	10 min check (initial)	10 min check (initial)	10 min check (initial)	10 min check (initial)	Woke at