



# Frome Valley CE First School

## Sleep Policy

*“Together, with God’s love,  
we learn, nurture and grow, without limits.”*

Date policy issued: **October 2025**  
Revision date: **October 2026**

## Sleep Policy

We recognise that each child is special and unique, with their own individual needs. We work closely with the parents/carers of the children in our care to ensure the consistency of practice between home and setting. This also allows us to discuss and take account of the wishes of parents/carers daily.

Whilst we always take parent/carers' requests into account, we will use our professional judgement in determining the rest and sleep needs of every child. The welfare/wellbeing/safety of every child is paramount. No baby will be left for an inappropriate amount of time in which to become distraught nor will children be woken unnecessarily. Educators will speak sensitively to parents/carers about why sleep and rest are important for their child and how children have the ability to self-regulate their sleep.

We adhere to the following sleep guidance:

- To reduce the risk of sudden infant death syndrome (SIDS), children should be placed to sleep on their backs.
- Children's heads should be uncovered.
- Check children every 10 minutes or every 5 minutes if a child is known to have breathing problems affected by sleep
- Fitted sheets are supplied by the Preschool and washed every week. One fitted sheet per child. A blanket is supplied by parent/carer
- Ensure that the temperature of the room is between 16-20 degrees to reduce overheating
- A sleeping log must be completed with date, name of child, time they fell asleep and the time they woke and times and initials of adult to detail when they were checked
- Children who are unwell will be given the highest supervision priority and monitored constantly.
- Beds and fitted sheets are checked regularly for wear and tear
- Comfort toys, blankets or dummies will be used if the child uses them to sleep
- Practitioners complete a sleep log which details when a child fell asleep and the time they woke/were woken.
- Practitioners note down the times that a child was checked and who checked them.
- Sleeping times are shared with parent/carers
- Parents are to ensure that children arrive at Preschool awake and alert.
- Preschool practitioners will ensure that children are woken 30 minutes before the end of session.

### The Early Years Foundation Stage Statutory Framework 2024

*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](http://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](http://www.nhs.uk)).*