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Document.	C0053	<i>Sleep and rest time</i>				
Revision	4	Approved By	Katy Taylor	Approval Date	21/04/26	

Scope

Sleep and rest times are key times in the day for being close and promoting security. Younger children will need to sleep but older children do not usually need to. No child is made to sleep.

Babies under one year

- babies aged 12 months and under must only be placed to sleep in a cot - this includes carrycots, moses baskets and travel cots (you may find it useful to check whether products meet the British Safety Standards listed below)
- children are placed down on their back in their own separate sleep space on a clear, flat, firm surface such as a cot, bed or suitable mattress on the floor.
- sleep spaces should only contain a firm, flat, waterproof mattress and lightweight bedding which is firmly tucked in around the child no higher than their shoulders to prevent head covering - alternatively, a well fitted baby sleep bag may be used (check the manufacturer recommendations before using a baby sleep bag)
- where blankets are used, the baby should be placed feet-to-foot at the bottom of the cot, with blankets tucked in.
- cots must not contain extra items such as toys, pillows, loose bedding, bumpers, wedges or straps
- children should not get too hot or cold - the recommended room temperature for babies (those aged 12 months and under) is 16 – 20°C.
- children's heads are not covered
- children are always within sight and hearing of staff when sleeping
- Babies 12 months and under will be placed to sleep in a cot with personalised bedding. This consists of bottom cotton sheets and a cotton blanket. Pillows are not used. Bedding is washed weekly, but sooner if it is soiled.
- Nappies are changed and heavier clothing removed. Babies are soothed to sleep by their key person or familiar member of staff.
- The sleep area is made quiet.
- Sleeping babies are checked every ten minutes; this is done by watching their chest and or checking for breathing sounds, this is recorded with the time checked and the initials of the person responsible for checking on Family.

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- If children fall asleep in-situ for example on a walk, they must be transferred to a cot or bed as soon as they return to the setting and all outer clothing removed.
- Children are not to be physically woken up by a member of staff.

Young children

- Young children sleep on rest mats and have their own personalised bedding. They will be washed weekly or earlier if soiled.
- Nappies are changed and heavier clothing is removed.
- Hair accessories with parts that may come lose or detached and pose a choking hazard are removed before sleep/rest time.
- A separate area of the room is made as quiet as possible.
- If children fall asleep in-situ for example on a walk, they must be transferred to a cot or bed as soon as they return to the setting and all outer clothing removed.
- Children are not to be physically woken up by a member of staff.

Children over 2yrs old

- Children sleep on rest mats and have their own personalised bedding, that will be washed weekly or as necessary if soiled.
- Nappies are changed, heavier clothing and shoes removed before children are laid down.
- Hair accessories that may come lose or detach are removed before sleep/rest time.
- If children fall asleep in-situ for example on a walk, they must be transferred to a cot or bed as soon as they return to the setting and all outer clothing removed.
- Children are not to be physically woken up by a member of staff.

Further guidance

[Safer Sleep for Babies](http://www.lullabytrust.org.uk/safer-sleep-advice) (Lullaby Trust) www.lullabytrust.org.uk/safer-sleep-advice

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Responsibility for periodic review	Management Team
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Document History

Rev	Changes	Date	Approval
1	Policy created	19/01/24	Katy Taylor
2	Added baby monitor	22/01/25	Katy Taylor
3	Added babies and young children	12/05/25	Katy Taylor
4	Amended to add new safer sleep information	21/04/26	Katy Taylor

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