



Mission Statement

“A Caring Christian Family Where We Grow Together”

EYFS SLEEP PROCEDURE

Effective Date: 01/04/2017

Review Date: September 2024 Annual

Review Date	Signed Head Teacher	Signed Director RCSAT
08/09/2018	<i>J. L. J. J. J.</i>	<i>P. B. B. B.</i>
13/09/2019	<i>J. L. J. J. J.</i>	<i>P. B. B. B.</i>
15/10/2020	<i>J. M. Badger</i>	<i>P. B. B. B.</i>
30/09/2021	<i>J. M. Badger</i>	<i>P. B. B. B.</i>
30/09/2022	<i>J. M. Badger</i>	<i>P. B. B. B.</i>
18/03/2024	<i>J. M. Badger</i>	<i>P. B. B. B.</i>

Persons Responsible for Policy:	Executive Headteacher RCSAT
Approval Date	01/04/2017
Signed:	Director RCSAT



Signed:	Executive Headteacher RCSAT
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1. Legislation

This procedure complies with all current legislation.

2. Implementing the Procedure

2.1. Responsibilities

2.2. The Executive Headteacher shall have overall responsibility for the implementation of this Procedure and shall ensure that all aspects of the procedure are managed appropriately.

2.3. To facilitate this, the Executive Headteacher has designated named staff and governors to manage aspects of this procedure, including co-ordination, health and safety governance overview and checks on the conditions of the premises, reporting any issues to the Executive Headteacher.

2.4. The named persons are detailed in Appendix 1 of the procedure.

2.5. The object of this procedure shall be to ensure that all EYFS children are given sufficient opportunity to rest and sleep during the day.

2.6. Staff shall ensure that they comply with this procedure.

3. Sleep Arrangements. In nursery, it is recognised that sleep and rest are important to young children’s development.

3.1. Staff shall cater for individual children’s needs in respect of sleep and rest.

3.2. The preferences and wishes of parents shall be always valued and respected and staff shall work closely with them.

3.3. On occasions, a parent/carer may ask for a younger child not to have a sleep as they are concerned it will affect their night time sleep and staff shall take this into account. Families will often find that a child sleeps well at night, because of being very busy during the morning.

3.4. As a guide, The National Health Service recommends that young children have the following sleep and nap times:

- 3.4.1.1 year olds - daytime 1 hour 30 minutes, night time 11 hours 30 minutes,
- 3.4.2.2 year olds - daytime 0-45 minutes, night time 11 hours 30 minutes to 12 hours,
- 3.4.3.3 year olds - night time 11 hours 30 minutes
- 3.4.4.4 year olds - night time: 11 hours, 30 minutes
- 3.4.5.5 year olds - night time: 11 hours
- 3.4.6.6 year olds - night time: 10 hours, 45 minutes
- 3.4.7.7 year olds - night time: 10 hours, 30 minutes
- 3.4.8.8 year olds - night time: 10 hours, 15 minutes
- 3.4.9.9 year olds - night time: 10 hours
- 3.4.10. 10 year olds - night time: 9 hours, 45 minutes
- 3.4.11. 11 year olds - night time: 9 hours, 30 minutes



Every child needs to develop a healthy pattern of rest and sleep during the day and night. By the time they are between 3 and 6 weeks old most infants have settled into a sleep-wake cycle. Sleep is an important part of a healthy lifestyle and helps each child achieve their full potential as it directly impacts on their mental and physical development. We think about 'rest' as a period of inactivity, solitude, calmness or tranquillity, and can include a child being in a state of sleep.

1.2 Aims and objectives

In order to achieve this aim, we operate the following sleep policy.

- Ensure that each child who has a regular daytime sleep will have their own sleep mat, sheet, and blanket. These are labeled with names and photographs.
- Position the sleep mats in the way which will be most conducive to the children resting and falling asleep. Some children may be distracted if they can see another child or have a routine such as liking to have their back stroked to help them settle.
- Ensure sleep mats are cleaned once daily with an antibacterial wipe or spray; more often if needed.
- Provide a calm, dedicated sleep space within the small room available after lunch and to also ensure children have access to sleep at any time of the day if they need it.
- Encourage children to bring a comforter from home if they use one.
- Have regular discussion about sleep routines with parents/carers.
- Help the children to settle for sleep and let them sleep as long as they need and wake naturally whenever possible. No child is forced to sleep and sleep times are always supervised by an adult.
- Make children comfortable and safe if they fall asleep in an area other than the sleep area e.g. in the book corner on cushions etc.
- Let children sleep at times other than the designated sleep time according to their individual needs.

Most children by the age of 3 or 4 tend not to have an afternoon sleep however we recognize that children all at points in their day need times where they can rest and have quiet time. We have created an environment with places for the children to rest e.g. Carpet Area etc

Appendix 1

RESPONSIBILITIES

Area of Responsibility	Person Responsible
Overall responsibility	Executive Headteacher
Co-ordinator in School - Bunbury	Principal of School
Co-ordinator in School – St Oswald’s	Principal of School
Co-ordinator in School – Warmingham	Principal of School
Governor	Achievement Director
Daily checks	EYFS Teacher

