

Offham Primary School



EYFS Sleep Policy

Date reviewed: July 2026

Next review: July 2027

Purpose:

To ensure that all children in the Early Years Foundation Stage (EYFS) have the opportunity to rest or sleep in a safe, calm, and supportive environment that meets their individual needs.

Aims

- Provide a calm and restful environment that supports children's physical and emotional wellbeing.
- Respect individual sleep routines, cultural practices, and parental preferences.
- Ensure children's safety and dignity during sleep and rest times.
- Promote consistent routines to help children feel secure.

Legislation

This policy aligns with the **Statutory Framework for the Early Years Foundation Stage (EYFS)** and safeguarding requirements.

Core Principles

1. Child-Centred Care

- Each child's sleep needs and routines are personalised and discussed with parents during induction.
- Children are never forced to sleep; rest is encouraged if they are tired.

2. Safety

- Children are supervised at all times while sleeping.
- Physical checks are carried out every 10–15 minutes and recorded (see appendix 1)
- Sleep areas are free from hazards, with firm, clean mats or cots and no loose bedding or soft toys.

3. Environment

- A quiet, dimly lit area separate from active play spaces is provided.
- Temperature and ventilation are monitored (recommended range: 16–22°C).
- Each child has their own bedding or a clean designated set.

4. Hygiene

- Bedding and mats are cleaned regularly to prevent infection.
- Comfort items from home are allowed and stored safely.

5. Staff Responsibilities

- Only DBS-checked staff supervise sleep times.
- Staff are trained in safe sleep practices and emergency procedures.

6. Communication

- Parents are informed of sleep routines and any changes.
- Sleep records are maintained and shared with parents if requested.

Procedures

- Children showing signs of tiredness will be offered a quiet space to rest.
- If a child falls asleep unexpectedly, staff will monitor closely and inform parents if necessary.
- If a child falls asleep in the provision/an unsafe sleep space, consent for child to be lifted and transferred to a safe sleep space will be obtained when the child starts school (see appendix 2)
- Any concerns about a child's wellbeing during sleep will be addressed immediately following safeguarding procedures.

Appendix 1

[illegible]

Appendix 2

Consent Form: Relocating a Child to a Safe Space When Asleep

Purpose:

This form seeks parental/guardian consent for staff to safely carry and move your child if they fall asleep during the day, ensuring they are relocated to a secure and comfortable space.

Child's Name: _____

Date of Birth: _____

Reason for Consent:

Children may fall asleep in areas that are not suitable for prolonged rest (e.g., play areas, activity zones). To maintain safety and comfort, staff may need to gently carry and move your child to a designated safe space (such as a quiet room or rest area).

Safety Measures:

- Only trained staff will carry and relocate the child.
 - Staff will follow safe lifting practices.
 - The child will be monitored at all times during relocation.
 - The designated rest area will meet health and safety standards.
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Consent Statement:

I, the undersigned, give permission for staff to carry and move my child to a safe space if they fall asleep during the day. I understand this will be done with care and in accordance with the setting's safeguarding and health & safety policies.

Parent/Guardian Name: _____

Signature: _____

Date: _____

Appendix 3

Training that staff will have done prior to supervision of sleep in school: [SIDS and safer sleep training for early years professionals | The Lullaby Trust](#)