



Sleep and rest time procedure

The Department for Education (DfE) mandates explicit safer sleep requirements within the Early Years Foundation Stage (EYFS) statutory framework. Developed in partnership with medical experts and The Lullaby Trust, these rules protect children against Sudden Infant Death Syndrome (SIDS) and Sudden Unexpected Death in Childhood (SUDC). Skylarks Community Preschool does not operate a designated group sleep schedule or a separate sleep room. If a child who requires a nap during session hours, comfortable, hygienic sleep mats are readily available.

Children asleep on arrival at the setting

If a child arrives at the setting asleep, they are sensitively woken whilst the parent/carers are still present. Outdoor clothes are removed, and the child is settled in on a flat, clean sleeping mat (age dependent), if they are still sleepy, but otherwise well.

If a child does not show signs of going back to sleep after being woken, they are welcomed and settled into the session at their own pace.

The sleep environment

An emergency plan is displayed, showing what action to take if a child stops breathing whilst asleep. Whilst Skylarks Community Preschool does not have a designated sleep area or designated sleep time, but if a child does fall asleep, we will ensure the following.

The sleeping environment must be:

- Be clean and uncluttered.
- There must be no shelves or objects above where the child is sleeping.
- The room temperature should be between 16–20C in the sleep area.
- The room should be well ventilated.
- Children aged over 12 months must be placed down on their back in their own separate sleep space on a clear, flat, firm surface such as a sleep mat on the floor.
- Pillows, cot bumpers and duvets, are not used

Supervision of sleeping children

A ten-minute timer is used to remind staff to check sleeping children and carry out an active check on their well-being.

Each active sleeping check is recorded with the time, and date of the check and is signed by the staff member making the check.

An 'active' sleeping check on a child involves:

- Placing a hand on the child's chest or near their mouth to check they are breathing.
- Visual check: do they look different to usual? Check the colour of their lips and if you gently press their fingernail does blood rush back? For children with dark skin does their palm look yellow?

- Temperature check: ensure the child is not too hot or too cold. This must be done by putting your hand on the skin on their chest or at the back of their neck.
- Check that sheets or blankets are not wrapped around the child or covering their face.

Young children

- Young children sleep on rest mats.
- Heavier clothing is removed.
- Young children are settled by staff. They are soothed to sleep. Staff may stroke or very gently pat children.
- Practitioners must always place children flat on their backs to sleep. Once a child can confidently roll from front to back and back again independently, they may find their own comfortable sleeping position; however, staff must still place them on their back initially.
- Dummies are permitted for sleep times. However, no soft toys, comforters, or loose items are allowed in the sleep space.
- If a child requires warmth, a single, light blanket may be placed over them, ensuring it is tucked securely below their armpits, and their head remains completely uncovered.
- Sleeping children are always supervised within sight and hearing of staff.
- Once a child wakes up and leaves their sleep space, staff must immediately sanitize the sleeping mat using a designated antibacterial spray or specialized sanitizing wipe before it is stored or reused.

This procedure was adopted by	Skylarks Community	<i>(name of provider)</i>
	Preschool	
On	1 st August 2026	<i>(date)</i>
Date to be reviewed	1 st August 2027	<i>(date)</i>
Signed on behalf of the provider		
Name of signatory	Kathleen Thomson	
Role of signatory (e.g. chair, director or owner)	Manager/Trustee	

Date Reviewed	Changes	Signature

