"Be the best you can be and let your light shine"
"You are the salt of the earth…you are the light of the world." Matthew Chapter: 5

Sleep Policy

Introduction:

Lythe CEVC Primary School is aware that some learners may require sleep either due to the age and developmental level of the student, or because of a disability or medical need. The main aim of the school is to ensure that our learners are safe, secure and protected from harm.

Aim:

The sleep policy aims to provide a clear framework to ensure the health, safety and wellbeing of all
children who require support to sleep or rest whilst in EYFS.

Legislation:

This policy is based on requirements set out in the 2021 statutory framework for the Early Years Foundation Stage (EYFS).

Principles:

At Lythe CEVC Primary School we promote healthy and safe practices in helping children sleep and rest. We will ensure:

- Supporting children's sleep is the responsibility of all DBS checked and approved staff for children in their care.
- Children's individual needs are identified and met.
- Children's right to health, safety and wellbeing are met.
- Family's cultural preferences are considered.
- Sleeping and resting in school is a positive experience, both the child and the family feel supported throughout.
- Consistency of care as far as appropriate and possible.
- Families are provided with information or signposted to sources of further information or services to support sleep and bedtime routines if required.

We adopt a practical approach recommended by The Cot Death – Early Years safe sleeping guide:

- The classroom will be kept well-ventilated and sleeping mats will not be placed directly below a window or in front of radiators.

- Sleeping mats will be checked, inspected and disinfected between each use.
- Children never be left unattended when sleeping and will be monitored visually, checks will be recorded every 10 minutes.
- Staff will check for the rise and fall of their chest and to see if the child's sleep position has changed.

We aim to provide a safe sleep environment by:

- Monitoring the room temperature.
- Provide clean and light bedding/blankets if required.
- Sleep mats will comply with British safety standard.
- Ensure sleep mats remain uncluttered by removing soft toys, however, should your child require a comforter, we will make sure they have this.
- All areas around the sleep mat will be clear from hanging objects, for example, hanging cords, blind cords, and drawstring bags.
- Should a child fall asleep on a practitioners knee while being comforted, they will be transferred to a safe sleeping mat to complete their rest.

Lythe Church of England Primary School

Record of Supervision for a Sleeping Child

Date	Child Name	Location and any special arrangements	Checked by (initials and time)					

Approved: September 2026
Reviewed September 2026
Due for next review September 20267

Signed Headteacher……Date……

Signed Chair of Governors……Date……..