



# Marshbrook First School

## Sleep & Rest Policy

### 1. Purpose

- To ensure all children in our care are kept safe while they sleep.
- To provide all staff and Parent/Carers with clear information and guidance regarding sleep and rest arrangements within the Nursery and Reception Class.

### 2. Responsibility

- The Nursery Managers are responsible for ensuring all staff are informed of and understand this policy.
- All staff are responsible for following the policy during their working hours.
- All nursery staff are paediatric first aid trained.
- All staff have completed the Lullaby Trust Safer Sleep Training.

### 3. Introduction

Marshbrook First School Nursery recognises that many young children require rest or sleep during the day. Sleep needs vary between age groups, and all children's individual requirements will be respected and supported.

Children may bring comforters or blankets from home to help them settle and feel secure.

A designated sleep room provides a safe, quiet, and comfortable environment away from excess noise, busyness, draughts, and bright light.

### 4. Sleep Environment & Temperature

- Staff will record the sleep room temperature twice daily on the room checklist.
- The ideal temperature is **16–20°C**.
- If the room is too cold, staff will add layers to the child's clothing.
- If the room is too warm, staff will remove outer layers as appropriate.

### 5. Sleep Routines

- Children are encouraged to follow the nursery routine, resting or sleeping after lunch if needed.

- If a child does not wish to sleep, or requires rest at a different time, their individual needs will be met.
- Staff will support children to settle and allow them to wake naturally wherever possible.
- No child will ever be forced to sleep.

## 6. Sleep Checks & Recording

- Sleeping children will be checked every **10 minutes**.
- Checks will be documented on a sleep sheet and initialled by the staff member.
- For two-year-olds, sleep times will also be recorded on Tapestry and shared with parents.
- During checks, staff will:
  - Observe breathing
  - Check temperature by touch
  - Assess complexion
  - Ensure the child remains in a safe sleeping position

## 7. Sleep Equipment & Safety

- Children will sleep on waterproof flat mattresses.
- No pillows or duvets will be used.
- Children will be placed to sleep on their backs.
- Comforters may be used if deemed safe.
- Bedding will be provided unless otherwise requested by Parent/Carers.
- Bedding will be washed after each use.
- Sleep mats will be cleaned with antibacterial spray and paper towels after each use.
- All sleep mats and bedding will be kept in good condition and appropriate for the child's age.
- Children will **never** be left unattended while sleeping.
- A member of staff must always be able to see and hear sleeping children.

## 8. Reception Class

At Marshbrook First School, Reception children are supported in their individual rest and relaxation needs. While formal naps are not part of the Reception curriculum, some children may still require quiet time during the day.

A designated calm area will be available for Reception pupils who show signs of tiredness or request a short rest. Staff will monitor children closely, ensuring they are comfortable, safe, and able to rejoin activities when ready.

Any rest or sleep taken by a Reception child will be recorded by staff, and parents will be informed the same day to maintain clear communication and support consistency between home and school.

Updated by N. Bishop April 2026

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