Sleep Policy

At The Stables Day Nursery we aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment.

The safety of babies and children sleeping is paramount. Our policy follows Department for Education safer sleep guidance, written in collaboration with The Lullaby Trust and published on 20 April 2026, together with advice from The Lullaby Trust and NHS guidance. We make sure that:

- Children are placed down on their back in their own separate sleep space on a clear, flat, firm surface, such as a cot, bed or suitable mattress on the floor. Babies will continue to be placed on their back to sleep even when they can roll independently.
- If a baby has rolled onto their tummy, we turn them onto their back again unless they are able to roll from back to front and back again on their own, in which case we enable them to find their own position.
- Babies aged 12 months and under are only placed to sleep in a cot-type sleep space, such as a cot, carrycot, moses basket or travel cot.
- Babies under six months of age always have an adult with them in the same room for every sleep.
- All sleeping children are always within sight and hearing of staff.
- Babies and toddlers are never put down to sleep with a bottle to self-feed.
- Babies, toddlers and children are monitored visually when sleeping, including checking the rise and fall of the chest, breathing, temperature, and whether their sleep position has changed.
- Checks are recorded every 10 minutes. As good practice, we monitor babies under six months, or a new baby sleeping during the first few weeks, every five minutes until we are familiar with the child and their sleeping routines, to offer reassurance to them and families.
- Babies and children are never left to sleep in a separate sleep room without staff supervision at all times.

We provide a safe sleeping environment by:

- Monitoring the room temperature. The recommended room temperature for babies aged 12 months and under is 16-20°C.
- Using clean, lightweight bedding or blankets and ensuring babies and children are appropriately dressed for sleep to avoid overheating or becoming too cold.
- Checking whether a baby or child is too hot or cold by feeling their chest or the back of their neck, recognising that hands and feet are often cooler. If a child feels clammy or sweaty, we remove one or more layers of clothing or bedding and use professional judgement during extreme temperatures.
- Ensuring children's heads are not covered. Hats and extra clothing are removed when indoors, including after travel, even if this means waking a baby.

- Using only safety-approved cots and other suitable sleeping equipment that are compliant with relevant British Safety Standards, including cots/travel cots/moses baskets/carrycots, bedside cribs, mattresses and sleep bags where used.
- Using a firm, flat, waterproof mattress with a clean fitted sheet.
- Ensuring sleep spaces contain only a firm, flat, waterproof mattress and lightweight bedding tucked in firmly no higher than the child's shoulders, or a well-fitted baby sleep bag used in line with manufacturer recommendations.
- Where blankets are used for babies, placing the baby feet-to-foot at the bottom of the cot, with blankets tucked in securely.
- Not using cot bumpers, pillows, loose bedding, wedges, straps or toys in sleep spaces. Sleep comforters are only used for babies and children aged over 12 months.
- Keeping all spaces around cots and beds clear from hanging objects, including hanging cords, blind cords and drawstring bags.
- Ensuring every baby and toddler is provided with clean bedding labelled for them and working in partnership with parents to meet individual needs, for example where a child uses a suitable sleep bag from home.
- Cleaning all bedding as required and at least weekly.
- Transferring any baby who falls asleep while being nursed by a practitioner to a safe sleeping surface to complete their rest.
- Transferring a baby or child who is brought into nursery while sleeping to a safe sleeping surface to complete their rest.
- Having a No smoking/vaping policy.

Sleeping whilst travelling

- Babies aged 12 months and under who fall asleep whilst travelling are transferred to their cot once they return to the setting.
- Children aged over 12 months who fall asleep whilst travelling are, where possible, transitioned to their own separate sleep space on a clear, flat, firm surface such as a cot, bed or suitable mattress on the floor upon return.
- A lie-flat pram or lie-flat pushchair is not used as a child's main separate sleep space.
- If a baby or child falls asleep in a car seat, they are transferred to their separate sleep space as soon as they return to the setting.
- Coats, hats, extra clothing and blankets are adjusted or removed as appropriate to prevent overheating.

We ask parents to complete forms on their child's sleeping routine with the child's key person when the child starts at nursery and these are reviewed and updated at timely intervals. If a baby has an unusual sleeping routine or a position that we do not use in the nursery, i.e. babies sleeping on their tummies or in a sling, we will explain our policy to the parents and not usually offer this unless the baby's doctor has advised the parent of a medical reason to do so. In such cases, we would ask parents to sign to say they have requested we adopt a different position or pattern on the sleeping babies form.

We recognise parent knowledge of their child with regard to sleep routines and will, where possible, work together to ensure each child's individual sleep routines and well-being

continues to be met. However, staff will not force a child to sleep or keep them awake against his or her will. They will also not usually wake children from their sleep.

Individual sleep routines are followed rather than one set sleep time for all children. We create an environment that helps to settle children that require a sleep, for example dimming the lights or using soft music, where applicable. We will maintain the needs of the children that do not require a sleep and ensure they can continue to play, learn and develop. This may involve taking children outdoors or linking with other rooms or groups of children.

Staff will discuss with parents any changes in sleep routines at the end of the day and share observations and information about children's behaviour if they do not receive enough sleep.

Sleeping twins

We follow the advice from The Lullaby Trust regarding sleeping twins while working with parents to maintain sleep routines and well-being.

Further information can be found at:

- Department for Education Help for Early Years Providers - Safer sleep: https://help-for-early-years-providers.education.gov.uk/health-and-wellbeing/safer-sleep
- The Lullaby Trust: http://www.lullabytrust.org.uk
- NHS advice on sudden infant death syndrome (SIDS): https://www.nhs.uk/conditions/sudden-infant-death-syndrome-sids/

This policy was adopted on	Signed on behalf of the nursery	Date for review
July 15 - Sep 25,		Annually
Sept 25	Kim Ratcliffe - Area Manager	Sep 26
Amended May 26	Emma Brady- Operations Manager	Sept 26
	K Ratcliffe	Sep 27