

Golden Owls Day Nursery



Sleep Policy

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Date	15/01/2026
Review date	15/01/2027

The purpose of this policy is to ensure parents/carers understand how Golden Owls Day Nursery will support and monitor children who sleep whilst attending the setting.

All children get tired during the day and need to have opportunities to rest and sleep within the nursery day. Every child's needs are different so we provide opportunities for children to take rests and naps as they need. Sleep time at Golden Owls is offered after lunchtime at 12pm. It is important for parents/carers to understand that the daytime sleep that their child(ren) need(s) at nursery may be different from that which they follow at home. This is due to the different activities that children participate in at nursery and the continuous interaction with many other children and adults.

At Golden Owls Day Nursery we will always listen to and try to work with parents with regards to daytime sleep but the needs of the child will always come first.

Comfort blankets and soft toys bring enormous comfort to young children, especially when they are new to nursery and during sleep times.

At Golden Owls, we will provide a safe sleeping environment by;

- Monitoring room temperatures,
- Using clean, light bedding/blankets and ensuring children are appropriately dressed for sleep to avoid overheating,
- Only having safety approved sleeping equipment i.e. sleep mats that are compliant with British Standard regulations,
- Keeping all spaces around sleep mats clear from hanging objects i.e. hanging cords, blind cords, drawstring bags,
- Ensure each child is provided with clean bedding,
- Should a child fall asleep in an appropriate place i.e. cushions/carpet area they will be transferred to a safe sleeping surface to complete their rest

Staff should ensure when getting a child ready for sleep that the child has;

- Visited the bathroom/has a clean nappy,
- Had shoes and outer/bulky clothes removed if necessary,
- A comforter if needed which should not have any cords or attaching mechanisms that might be a strangulation risk,
- It's not too warm.

Sleep time should be in a quieter part of the nursery room. Children sleeping on sleep mats will be placed in the opposite direction to the child sleeping next to them (head to feet). Some children like to be patted to go off to sleep. Familiar staff should sit on the floor while gently rubbing the child's tummy or back. Children are offered music/white noise to help them relax.

When all the children in the room are sleeping on mats, it is acceptable to have one member of staff with children (to allow lunches to take place); safeguarding policies

and procedures must be considered at all times e.g. is the member of staff within sight and hearing of another member of staff (vision panels, adjoining room). There must always be enough staff members on site to aid evacuation if required. Ratios must be maintained at all times in response to the number of children awake.

Children will be monitored visually when sleeping and checks recorded every 10 minutes (please see attachment). When monitoring the staff will check;

- The rise and fall of the chest,
- If the sleep position has changed,
- That the child appears well,
- That the child is not too hot or too cold,
- That all sheets and blankets are not wrapped around the child.

Record sheets are completed each day to record how long each child has slept for whilst at nursery.

Staff/Volunteer Signatures

Please sign the table below to agree that you have read and understood this policy. If you have any further questions regarding information in this policy, please speak to your line manager or the policy author.