

Early years practice

10.4 Sleep and rest

Sleep and rest times are key times in the day for being close and promoting security.

Younger children may need to sleep but older children do not usually need to. No child is made to sleep.

Our sleep and rest procedures at Discovery Vine comply with the EYFS and the latest available safety guidance.

Partnership with families

As part of a child's settling in we will ask about their usual sleep and rest preferences and routines. As far as possible we will follow their usual routine, however, children's routines may change once they are in the setting, and we will respond flexibly. Children's sleep and rest preferences are recorded, and parents/carers are informed of any significant changes to a child's sleep routine.

If a child is not ready to sleep, they are never forced to. If we feel a child is ready to sleep or it is their usual sleep time, we will settle a child to sleep and soothe them, if after 15 minutes they are not sleeping they will be encouraged to rest or go and play as appropriate.

Under no circumstances is a child ever physically restrained whilst trying to settle them to sleep. We allow children to sleep for a cycle appropriate to their age and stage as this promotes their development and wellbeing needs.

Staff training

All Early Years staff at Discovery Vine complete a comprehensive induction which includes safer sleep training.

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 on a flat, clean sleeping mat 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

The manager ensures a risk assessment is completed for each area to ensure that it is safe and meets the requirements set out in the EYFS and British Safety Standards. This is reviewed each time a change to the environment is made and at least annually. A daily check of this environment takes place before any children arrive and periodically throughout the day.

An emergency plan is displayed, showing what action to take if a child stops breathing whilst asleep.

The sleeping environment must 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 monitored by a thermometer in the sleep area. This must be recorded on the sleep checklist when children go to sleep
- The room should be well ventilated.
- Children must be placed down on their back in their own separate sleep space on a clear, flat, firm surface such as a day bed or sleep mattress on the floor.
- Nappies are changed and heavier clothing removed.
- Hair accessories that may come lose or detach are removed before sleep/rest time.
- Children are settled by their key person and comforted to sleep. Key persons may gently stroke or pat children.
- If children fall asleep in-situ it will be necessary to move or wake them to make sure they are comfortable, they are not left to sleep in a buggy and are transitioned to their sleeping mat.

Supervision of sleeping children

- A sleeping or resting child is always within sight and hearing of staff.
- 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 checks is recorded with the time, and date of the check and is signed by the staff member making the check.

Further guidance

[Safer sleep – help for early years providers](#)

Safer Sleep for Babies (Lullaby Trust) www.lullabytrust.org.uk/safer-sleep-advice

NHS safer sleeping information <https://www.nhs.uk/best-start-in-life/baby/baby-basics/newborn-and-baby-sleeping-advice-for-parents/safe-sleep-advice-for-babies/>

Sudden infant death syndrome (SIDS) NHS guidance

<https://www.nhs.uk/baby/caring-for-a-newborn/sudden-infant-death-syndrome-sids/>

Ofsted staff deployment guidance

[Safer Sleep Awareness: A guide for Childminders, Foster Carers, Nannies and Nursery Settings \(The Lullaby Trust\)](#)

This policy was reviewed and updated on: 27/08/26 and adopted by: Discovery Vine Ltd

Date to be reviewed: August 2027 (or earlier if necessary)

Signed on behalf of Discovery Vine Ltd: Lynda Garbutt

Name of signatory: Lynda Garbutt

Role of signatory: Managing Director