



**Roskear Primary and Nursery School**  
**Roskear Crofty Minors Pre-school Sleep Policy**

Date agreed by governors	Summer 2021
Review due	Summer 2023 Reviewed 24.6.23 Reviewed 13.09.24 Reviewed November 2025

At Roskear Pre-school we see sleep as an important part of a child's daily care and well-being. We are committed to creating a safe, nurturing, and responsive sleep environment, in partnership with parents and carers, and in line with guidance from:

- The Lullaby Trust
- NHS Safer Sleep Advice
- EYFS Statutory Framework (Revised September 2025)

Our policy states that;

- No child will be deprived of sleep at any time if it is necessary for them to have a rest. Parents' wishes will be respected but a child will not be woken up if they naturally fall asleep. We will leave a sleeping child for a minimum of 45 minutes.
- If parents request a maximum sleep time, we will attempt to wake the child gradually and respectfully.
- Children that need or want a sleep during their session with us will be laid down for a sleep, on sleep mats, within the Pre-school room.
- Sleeping children will be monitored by a staff member at regular 10 minute intervals, this will be logged and signed by the staff member in the sleep log.
- Shoes, loose clothing, hair clips and anything that could be uncomfortable or pose a risk of choking will be removed before any child is laid down for a sleep.
- Children are provided with individual, clean bedding. A cover will be laid over the child.
- The room is well ventilated with good airflow.
- Practitioners are mindful of changes to the child's skin colour (if noted), breathing, body temperature or restlessness and general well-being.
- Children should be placed on their back to sleep but will be allowed to assume a preferred sleep position.
- Children will always be placed with their feet at the foot of the sleep mat.
- The child's head will remain uncovered for sleep, ensuring that all hoods are removed.
- Children's shoes will be removed before they go to sleep.