



Sleep policy

This policy sets out the schools rules and guidance in relation to the Sleep policy.

For the purposes of this policy 'School' means Magic Tree Nursery, Belmont Grosvenor School, Before/After School care and BGS Holiday Club.

At Magic Tree 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' sleeping is paramount. Our policy follows the advice provided by The Lullaby Trust and Sudden Infant death syndrome (SIDS)- NHS. We make sure that we follow EYFS 2026 requirements 3.86:

- Babies and children must be placed down to sleep safely. For children under 2 years old, the following requirements apply:
- Children must be placed down on their back in their own separate sleep space on a firm flat surface such as a cot, bed or mattress on the floor.
- Babies aged 12 months and under must only be placed to sleep in a cot.
- Sleep spaces must only contain a firm, flat, waterproof mattress and lightweight bedding which is firmly tucked in around the child below their shoulders to prevent head covering. Alternatively, a well fitted baby sleep bag may be used. Check the manufacturer recommendations before using a baby sleep bag.
- Where blankets are used, the child must be placed feet-to-foot at the bottom of the cot, with blankets tucked in.
- Cots must not contain extra items such as toys, pillows, extra blankets, bumpers, wedges or straps.
- Children should not get too hot or cold. The recommended room temperature for babies is 16 – 20°C.
- Children's heads must not be covered.
- Babies under six months of age must always have an adult with them in the same room for every sleep. All children must be frequently checked when sleeping.
- Children must always be within sight and hearing of staff when sleeping

In addition:

- Babies are placed on their backs to sleep, if a baby has rolled onto their tummy, we turn them onto their back again however once a baby can roll from back to front and back again, on their own, they can be left to find their own position
- Babies/toddlers are never put down to sleep with a bottle to self-feed
- Babies/toddlers are monitored visually when sleeping. Checks are recorded every 10 minutes.
- A sleep monitor is also used so babies can be heard if they wake between the 10 minute checks.
- When monitoring, the staff member looks for the rise and fall of the chest and if the sleep position has changed
- 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.
- Sleep times are recorded on the children's daily sheets and parents/carers informed at handover.

We provide a safe sleeping environment by:

Review Date July 2026

Next Review Date August 2027



- Monitoring the room temperature
- Using clean, light bedding/blankets and ensuring babies are appropriately dressed for sleep to avoid overheating
- Only using safety-approved cots or other suitable sleeping equipment (i.e. cots or stacking sleep pods) that are compliant with British Standard regulations, and mattress covers are used in conjunction with a clean fitted sheet.
- Keeping all spaces around cots and beds clear from hanging objects i.e. hanging cords, blind cords, drawstring bags
- Ensuring every baby/toddler is provided with clean bedding.
- Transferring any baby who falls asleep while being nursed by a practitioner to a safe sleeping surface to complete their rest
- Having a no smoking policy.

We ask parents to complete sheets 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.

We recognise parents' 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. After 15 minutes has lapsed and a child is not going to sleep they will be allowed to get up. They will also not usually wake children from their sleep unless parental permission is given and only if the child cooperates in a safe manner.

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

Further information can be found at:

[Home | The Lullaby Trust](#)

<https://www.nhs.uk/conditions/sudden-infant-death-syndrome-sids/>