



Winshill Village Primary and Nursery School

Sleep Safe Procedure



September 2026
Review: September 2027

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Introduction

Winshill Village Primary and Nursery School understands the importance of sleep in a child's development and growth. Ensuring that a safe and comfortable sleeping environment is available for each child is important. This policy underlines the nursery's approach to ensuring safe sleeping practices are maintained throughout the setting through robust staff training, regular risk assessing and open communication with parents and among colleagues. These practices have been put in place to enhance the awareness of safer sleep and to eliminate the risk of sudden infant death syndrome (SIDS) caused by a lack of awareness of safe sleep practices.

The nursery welcomes any questions parents may have about safe sleep – please contact the EYFS Lead to raise any queries about safe sleep or concerns regarding the nursery's safe sleep practices.

Additionally, parents can find more information on safe sleeping practices via the following websites:

- NHS - Safer sleep - [Baby safer sleep advice - Best Start in Life - NHS](#)
- The Lullaby Trust - [Safer sleep overview | The Lullaby Trust](#)

Legal framework

This policy has due regard to all relevant legislation and statutory guidance including, but not limited to, the following:

- Children Act 1989
- DfE (2025) 'Keeping children safe in education 2025'.
- DfE (2026) 'Early years foundation stage statutory framework'.

Aims

This procedure aims to:

- Provide a clear framework for staff to follow when supporting children sleeping.
- Safeguard the dignity, privacy, and rights of children at all times.
- Clarify for families the support that can be expected from the school.
- Ensure staff operate in a professional, sensitive, and respectful manner.

Key Principles

We will ensure that:

- Children are treated as individuals and with respect, safety, dignity, and privacy are always safeguarded.
- Staff are safeguarded through clear procedures, appropriate training, and risk assessments.
- Parents/carers are consulted regularly in relation to their child's sleep needs.
- Cultural, religious, and family values are considered.

School Responsibilities

- Establishing and maintaining a safe sleep culture throughout the nursery.
- Ensuring that the importance of safe sleep is fully understood by all nursery practitioners.

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- Ensuring that practitioners are clear on the procedures outlined in this policy.
- The overall implementation of this policy.
- Ensuring that safe sleep procedures are designed in accordance with guidance from the NHS, Lullaby Trust and EYFS statutory framework.
- Fostering a culture in which practitioners feel empowered to raise concerns about unsafe sleep practices.
- Carrying out a risk assessment of sleeping spaces and safe sleeping protocols and ensuring that this is regularly reviewed.
- Conducting regular audits of the nursery's sleep areas to ensure compliance with safety standards.
- Work closely with parents to share good practice and ensure that safe sleeping extends beyond the nursery.
- Ensuring practitioners are trained in paediatric first aid (PFA).
- School will consider the religious views, beliefs and cultural values of the child and their family as far as possible and liaise/work closely with families to discuss any requests relating to sleep procedure.

Parent/Carer Responsibilities

Parents/carers must:

- Provide full, up-to-date information on their child's sleep needs and medical details.
- Supply any comforters and blankets.

Procedures

- Ensuring a safe sleep space.
- When considering where a child will go to sleep, practitioners will maintain an awareness of both the physical and emotional aspects that ensure a safe and comfortable sleeping environment for children.
- Practitioners will ensure that sleeping spaces are clear of items such as loose bedding, toys and pillows to minimise the risk of choking or smothering.
- The room temperature will be monitored using a room thermometer; practitioners will ensure that the temperature is maintained between 16 and 20 degrees Celsius.
- The sleeping place will be well-ventilated and have clear supervision.

To ensure that the sleeping space is safe and comfortable, practitioners will check that:

- No bibs, dummies with clips, or bottles or other objects left nearby.
- Only approved sleep mats are being used.
- Children have finished eating or drinking before sleep.
- No pillows, duvets, weighted or bulky bedding is used.
- No products designed to keep a child in one sleeping position are used, e.g. wedges or straps.
- No pods or nests, rolled up towels or anything soft is placed on top of the mattress.

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Sleeping positions

Practitioners will be clear on the correct sleeping positions for children and the association between SIDS and incorrect sleeping positions.

Practitioners will ensure that:

- Children are placed to sleep on their back – unless the parent has been advised otherwise by a medical professional.
- Children are never placed to sleep on their side or front.
- Airways are kept open.
- Children keep their chins off of their chest and sleep in a position that allows for an open airway.
- Sleep surfaces are kept flat and are not inclined, tilted or propped.
- If a child falls asleep in a sitting position, a practitioner will ensure that they are moved onto a flat, firm surface to sleep on their back with a clear airway.
- Practitioners will be aware that children will be at different developmental stages and that some children will possess the ability to move around in their sleep. Where children are able to move or roll independently whilst sleeping, they will not be repositioned unless they have done so in a way that is disrupting their ability to breathe or is otherwise potentially harmful.
- Staff will understand that moving and rolling during sleep is an important part of a child's development and that repositioning may disturb their sleep and/or comfort.

Medical needs

- Practitioners will be familiar with children's individual health care plans and the associated hazards applicable to each child's medical condition.
- Practitioners will be able to use their training in responding to signs of distress or breathing difficulties that may arise during a child's sleep.
- Practitioners will be aware of any children taking medication and how this may impact their sleep.
- Practitioners will be aware of any children who may be at higher risk of SIDS, e.g. if the child was premature or of low birth weight.

SEND considerations

- Practitioners will be aware of the additional sleep support that may be required for children with SEND.
- The nursery will make reasonable adjustments to ensure that a safe and comfortable sleeping environment is available for children with SEND, this may include:
 - Using specialist equipment or bedding or children with mobility issues.
 - Providing additional supervision for children with breathing difficulties/sensory issues that may affect sleep.
 - Implementing sleep times that cater to the individual needs of children with SEND.
- Practitioners will receive training on the use of any specialist equipment required for use by children with mobility issues, if necessary.

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Supervision

- Sleeping children will be frequently checked to ensure that they are safe.
- Children will never be left in the room alone whilst they are sleeping. The nursery will ensure that the correct adult-to-child ratios are used.
- Supervision will not involve children being continuously watched whilst they are sleeping; however, practitioners will remain in close proximity at all times to check up on each child.
- Practitioners will regularly check each child's breathing and ensure that they are comfortable.
- Sleep checks will take place every 10 minutes and will be recorded on the nursery sleep check log.

Emergencies

In the unlikely event that an emergency event unfolds whilst a child is sleeping, practitioners will utilise their training to take prompt action.

- All practitioners will be able to recognise a situation in which emergency procedures need to be followed and will be trained to recognise signs of distress or breathing difficulties. In the event of an emergency occurring during children's sleep, practitioners will take a rapid response and follow the emergency procedures.
- Only PFA certified practitioners will be permitted to provide first aid, including sleep related first aid such as breathing difficulties and seizures.
- The emergency services will be contacted as part of the emergency response.

Safeguarding

- All staff are DBS-checked and trained in safeguarding; moving and handling training is provided.
- Any concerns about a child's physical presentation (e.g. unexplained marks, bruises) are reported immediately to the Designated Safeguarding Lead.
- If a child is distressed with a particular staff member, alternative arrangements will be made.
- Allegations made by a child will be taken seriously and managed according to safeguarding procedures.

Related Documentation

- Safeguarding Policy
- First Aid Policy
- Inclusion Policy
- SEND Procedure