



North Crescent Primary School and Nursery

Nursery- Sleep and Rest Policy

Last Review	January 2025
Updated	January 2026
Next Review	January 2027

Policy Overview

Sleep and rest are vital for children as it is the primary activity of the brain during early development. Sleep is an important part of a healthy lifestyle and helps your little one achieve their full potential, as it directly impacts their mental and physical development. This policy ensures that children are safe and comfortable whilst they are asleep within North Crescent Primary School's Nursery.

The roles and responsibilities of the nursery are to:

- Ensure that all nursery staff adhere to this sleep and rest policy.
- Staff will work with parents/carers to ensure that each child's individual sleep routine is met, reviewed, and updated regularly and communicate this effectively.
- Staff will not force a child to sleep, wake or keep them awake against their will.

Our nursery staff will:

- Carry out regular checks on all sleeping children and record these checks.
- A quiet area with soft furnishings will be provided for children to rest naturally, and sleep if they desire to. The sleeping area will be within sight and hearing range.
- Provide children with wipe clean sleep mats if required.
- Maintain clean and hygienic sleeping areas and mats.
- Provide sleeping mats that conform to regulations.

Procedures for sleeping at nursery

- The nursery will not have a designated time for sleep. Children should be encouraged, but not forced, to lie down and rest when, if they feel tired.
- If a child doesn't start to sleep within a short period of time, they should resume playing.
- No one-to-one attention to get a child to sleep.
- Children will not be placed in unsuitable places or in equipment to sleep.
- Older children who no longer need to sleep during the day will still have access to a calm, quiet area.
- Comforters must fit in a child's bag and be named. It will be provided for sleep/rest but children will be encouraged to return to their bag after this.