



Leigh Academy
Bearsted



Sleep and Rest Policy

Written/reviewed: August 2025
To be reviewed by: August 2026

The aim of this policy is:

- To ensure all children have enough sleep for them to develop and to promote best practice for all children in a safe environment.

All staff within Little Bears Nursery are familiar with our sleep and rest policy. All staff understand the importance sleep and rest can have upon a small child's development.

When we welcome new families to our setting we discuss whether their child requires a sleep during their time in nursery. If a child does require a sleep, then we will discuss the routine they follow at home so that we can endeavor to follow the pattern that the child has at home to ensure continuity.

When getting a child ready for their sleep the following steps need to be followed by all nursery members of staff:

- Toilet the child.
- Ensure the sleep mat is set up in the quiet room to provide a calm and relaxing environment.
- Where possible the key person will support the child to go down for their sleep.
- Children will share a story, have a drink or follow their routine from home, as much as is appropriate in the Nursery setting.

Sleep Monitoring

All sleeping children must be checked every 15 minutes. All staff within the nursery are responsible for checking those who are sleeping.

When checking a child who is sleeping the following steps must be followed:

- Placing a hand on their chest to check they are still breathing or putting a hand near their mouth to feel the child's breath.
- Ensuring that each child is not too hot or too cold.
- Ensuring that any blankets are not wrapped around the child.
- Every time a child has been monitored this should be recorded on our sleep monitoring sheet.

Parents will be informed when they collect their child if their child has had a sleep that day and how long for. If the child is sleeping because they are unwell, parents will be called immediately.