



Sleeping Policy

We understand that the children our care for may need to sleep.

At the start of the childcare relationship, and at regular intervals depending on the age of the child, we will speak to the parents/carer to understand the normal sleep routine of each child. We will seek to incorporate this routine into the child's day whilst in our care.

Normally babies and young children will sleep in a cot or on a sleep mat dependent on their age. Loose items of clothing will be removed before sleep, and the child will not take any toys to sleep with them. Items such as teddies, a muslin, a dummy or a blanket may be taken to bed with them as a comfort aid and staff will assess these items for loose or broken parts parts/choking hazards before they are given to the child. A thermometer will be placed in the sleep rooms to monitor the temperature and appropriate and safe bedding/blankets/sleeping bags will be used dependent on the temperature. A sleep temperature/clothing guidance checking sheet will be available in each sleep area near the thermometer this will allow staff to correctly assess the rooms temperature and change children's clothing depending on this. This is to prevent children from overheating or becoming too cold while they sleep. Please see guidance chart below.

A member of staff will be assigned on sleep room duty to monitor the children and document 10 minute sleep checks. Sleeping children will be in earshot on the member of staff on sleep duty. The member of staff will check for movement and/or a rising chest during the sleep checks. The Manger is responsible for ensuring that sleep checks are taking place and are being documented in line with this procedure.

To avoid cross contamination, bedding will be either washed immediately after use or placed in a child's individual bedding bag to be used for the remainder of the week. All bedding is washed and dried at the end of the week. Cots and mats are sterilised after each use.



We always aim to listen to and work in partnership with parents regarding daytime sleep routines. However, the individual needs and well-being of the child will always take priority. Unless there are exceptional circumstances, nursery staff will not prevent a child from sleeping if it is clear they are tired and would benefit from rest.

This policy was adopted by: Tribe Incorporated Ltd

Dated: 28.7.25

Date to be reviewed: 28.7.26

Written by: Alexandra Stewart

Role: Owner/Director/DSL/SENCO

Signed on behalf of provider:

TOG Rating	Room Temp (°C)	Sleepwear
0.5	>24°C	
1.0	20°C to 24°C	
1.5	18°C to 21°C	
2.5	16°C to 20°C	
3.5	<16°C	

