



SEVENOAKS

PREPARATORY SCHOOL

EYFS Nursery Sleep Policy

Status and Review Cycle	Statutory / At least annually
Policy reviewed and amended	September 2026
Next review date	September 2027
Governor Lead	Mrs Arabella Stuart
Policy Holder	Louisa Rowland – Head of EYFS
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At Sevenoaks Prep Nursery, we aim to provide a calm, safe, and nurturing environment where every child can rest and recharge according to their individual needs.

1. Quiet Time Following Lunch:

- After lunch, children are offered a quiet time to relax. They may choose to nap or engage in quiet activities, depending on their needs or stage of development.

2. Comfortable Sleep Environment:

- Each child is provided with a clean blanket for rest time.
- Children are encouraged to bring a comforter or familiar item from home to help them feel secure and comfortable.

3. Safe Sleep Practices:

- For children who choose to sleep, we provide a safe, quiet space with appropriate bedding, following safe sleep guidelines (e.g., placing children on their backs and ensuring no loose bedding).
- The temperature of the room is monitored using a digital thermometer and is kept between 16°C and 20°C
- Continuous observation from a staff member is in place during the sleep time.

4. Staff Supervision and Support:

- An adult is present at all times during sleep time to ensure the safety and comfort of all children. Staff are available to settle children to sleep and offer reassurance when needed.

5. Access to Quiet Time Provision:

- Children who prefer not to sleep are invited to use a separate quiet time area, where they can engage in calming activities without disturbing others.

6. Waking Gently:

- Children are gently woken by staff at the end of their rest time. We open the blinds to allow natural daylight into the room, gradually bringing the

children back to full alertness in a calm and natural way supported by staff to wake and prepare for the next session.

7. Individual Sleep Preferences:

- Sleep time is discussed with parents to understand each child's individual needs and preferences. Parents are encouraged to share their child's sleep routines, and we make every effort to accommodate these requests.

8. Communication with Parents:

- Discussions are held with each parent regarding their sleep preferences and routines for their child prior to starting in Nursery and are reviewed regularly.
- Parents are verbally informed about their child's rest or sleep time, including any relevant details about how their child settled or woke during quiet time.

9. Cleaning:

- Each child has a clean blanket for the week ahead identified by their personal peg/photo card.
- Blankets are washed weekly unless this is required sooner due to illness or a toilet accident.
- Washing is recorded on the weekly cleaning document

Our aim is to create a peaceful and supportive environment where every child can rest, feel secure, and enjoy a restful sleep experience.