Pippins Pre-School and Nursery

Sleep Policy

Aim

We aim to ensure that all children have enough rest in accordance with how tired they appear and also to respect parents and carers wishes of regular sleep routines following a child's bio-rhythms. At Pippins Pre-school and Nursery we see sleep as an important part of a child's daily care and well-being, from the younger babies through to the pre-school aged children. We will aim to establish regular sleeping times.

How much sleep do children need?

Below are the approximate hours of sleep needed by children of different ages, as recommended by the Millpond Children's Sleep Clinic.

3 months	**daytime: 4 to 5 hours**	night-time: 10 to 11 hours	**Total 15 hours**
6 months	**daytime: 3 hours**	night-time: 11 hours	**Total 14 hours**
9 months	**daytime: 2 hours 30 minutes**	night-time: 11 hours	**Total 13.5 hours**
12 months	**daytime: 2 hours 30 minutes**	night-time: 11 hours	**Total 13.5 hours**
2 years	**daytime: 1 hour 30 minutes**	night-time: 11 hrs 30 minutes	**Total 13 hours**
3 years	**daytime: 0 to 45minutes**	night-time: 11 hrs 30 mins to 12 hours	**Total 12.25-12.75 hrs**
4 years		night-time: 11 hrs 30 minutes	**Total 11.5 hours**

It is normal for children to wake up during the night and this means the amount of sleep they receive is often less than anticipated. It is not advisable to wake up a sleeping child who has naturally fallen asleep - unless they have exceeded the above times, please do not ask us to do this - this will ensure a child does not suffer from sleep deprivation as they develop during their sleeping hours.

Please notify us if your child has a disturbed night.

Methods

- All Early Year Educators will receive training on our Sleep Policy and complete a Safe Sleeping course
- As children's sleep cycles are every 45 minutes we will leave a sleeping child in their 1st cycle for a minimum of 45 minutes, if they do not wake up when stirred then the child will enter their 2nd cycle and remain asleep for 1 ½ hours unless they naturally wake up.
- Babies will either be self-soothed or rocked to sleep.
- All children under two years old will be laid on their backs at the bottom of the cot/mattress/sleep mat, clean and dry. No sleep pods or bumpers will be used.
- Babies under one years old will only be placed to sleep in a cot.
- Where blankets are used for under two year olds, the child is placed feet to foot at the bottom of the cot/mattress/sleep mat with the blankets firmly tucked in around the child, below the shoulders to prevent head covering.
- Fitted sheets and cellular blankets are used only.

- Babies and children are welcome to bring in their own comforters or blankets, however these will be removed once the child is asleep, following the safer sleep guidelines.
- For young babies we recommend that parents/carers bring in something that smells like home as a comfort for settling in and sleep time. Where possible children will self-soothe.
- Where a baby uses a soother or dummy for sleep, staff will follow the safer-sleep guidance, ensuring it is offered safely and that it is not attached to the baby by a cord, clip, strap or other item while sleeping.
- For both babies and toddlers, we use musical lullaby tunes/white noise or sing/hum familiar tunes.
- Children under 6 months old will always have an adult with them in the same room while they sleep. All other children when sleeping are in sight and hearing of adults using visual monitors where necessary.
- Toddlers will lay down to self-soothe for a maximum of 10 minutes, if the child has not fallen asleep after this time and does not appear tired then they will rejoin their group and access the Early Years Foundation Stage (EYFS).
- Pre-School children – lay down to self-soothe for a maximum of 10 minutes, after this time the child will return to learning and accessing the Early Years Foundation Stage (EYFS).
- Sleeping children will be physically checked by staff every 10 minutes by observing the chest rising up and down (a hand to be placed on the child's chest to determined this) and/or listening to the child's breathing (it may be necessary for the Early Years Educator to put their ear close to the child's mouth area).
- If a child has had a head bump and appears not to be suffering from concussion, the child will be allowed to sleep and will be observed every 5 minutes. The staff member will stir the child by firmly rubbing the child's feet or hands and observing their responses.
- Cots, mattresses and sleep mats are provided with the child's individual bedding, which will be regularly laundered.
- Shoes, loose clothing, hair clips and anything that could be uncomfortable or could be a choking hazard will be removed before a child lays down for a sleep.
- A sleep log is completed showing the time, position of the child and the initials of who completed the check.
- The room temperature is also monitored by staff.
- We operate a no smoking policy within the setting.

Helping your child get a good night's sleep

- Daytime naps are an important part of young children's routines, but the timing and length of a nap can sometimes affect bedtime.
- As a general guide, toddlers may be gently woken if their nap lasts longer than 2-2.5 hours or is still continuing around 3pm. This helps ensure they have enough awake time before bedtime and supports a settled night time routine.
- We will: gently wake toddlers if their nap lasts longer than 2.5 hours or is still continuing around 3pm, bearing in mind their
  45-minute sleep cycle.
- We will work in partnership with parents and consider the length and timing of a child's daytime nap if they are consistently finding bedtime difficult.
- We will be flexible with nap routines when children have been unwell, recognising that they may need additional rest.
- We will avoid shortening a child's nap unnecessarily when they are sleeping well at night and settling easily at bedtime.

Sleeping in Prams during Outings

- Children may sleep in a pram while on walks or outings when this is appropriate to their individual sleep routine and needs.
- Staff will ensure that prams are suitable for sleeping, with the child securely fastened according to the manufacturer's instructions and positioned with their airway clear and unobstructed.
- Children will be dressed appropriately for the weather, avoiding overheating and pram covers and accessories that could restrict airflow will not be used.
- Sleep logs will be taken on the outing.
- Children will be physically checked by staff every 10 minutes (every 5 minutes if child has had a head bump) and sleep logs will be completed.
- Once the group returns to the nursery, any child who is asleep will be carefully transferred to a suitable cot or sleep mat in accordance with their age, stage of development and the safer sleep procedures, allowing them to continue their sleep in a safe and comfortable environment.
- Parents/Carers will be informed that children may sleep in their pram during outings as part of Pippin's daily routine.

This policy was adopted at a meeting of Pippins Pre-school and

Nursery

Held on Wednesday 30th September 2026

Signed on behalf of the Management Trustee

Directors

Role of signatory (e.g. chairman etc.) Chairman

Commenced 2008 Reviewed 30.9.26