

# Safer Sleep Policy

Updated in line with DfE EYFS Safer Sleep guidance April 2026

## How to use this policy:

This policy should be read by all staff and kept on file. Review annually or when guidance changes.

All staff must sign to confirm they have read and understood this policy.

Share with parents and carers at settling in and whenever the policy is updated.

<b>Setting Name:</b>		<b>Policy Reference:</b>	
<b>Manager Name:</b>		<b>Version Number:</b>	
<b>Date Written:</b>		<b>Review Date:</b>	
<b>Written By:</b>		<b>Approved By:</b>	

## 1. Policy Statement

[Setting Name] is committed to following the safest possible sleep practices for all children in our care. The safety and well-being of every child is our absolute priority.

This policy has been written in line with the Department for Education EYFS Safer Sleep FAQ published April 2026, NHS SIDS guidance, and Lullaby Trust recommendations.

We believe that every family has the right to know how their child is cared for during sleep, and we are committed to being open, transparent and consistent in our approach.

## 2. Scope

This policy applies to:

- All children who sleep at [Setting Name] during their session
- All staff members including permanent, temporary, agency and student placements
- All volunteers who may be present during sleep times
- Any other professionals visiting the setting during sleep periods

### 3. Approved Sleep Spaces

The following are approved sleep spaces at [Setting Name]:

Sleep Space	Suitable For	Notes
Cot (standard)	All ages	Firm flat waterproof mattress. No bumpers, pillows or soft toys.
Moses basket	Under 6 months	Firm flat mattress. Check BS EN 1466:2023 standard.
Carrycot	Under 6 months	Only if suitable for overnight sleep per manufacturer.
Travel cot	All ages	Must have firm flat mattress. Never use with additional mattress on top.
Bed or mattress on floor	Over 12 months only	Firm flat surface. Child placed on back to start.

NOT approved as sleep spaces: prams, pushchairs, bouncers, car seats, swings, highchairs, sleep pods or nests, or any other product not listed above.

If a baby falls asleep in a pram or car seat during travel they must be transferred to an approved cot on arrival at the setting.

### 4. Supervision During Sleep

Supervision requirements by age:

Age	Supervision Requirement
Under 6 months	An adult MUST be physically present in the room for EVERY sleep. A baby monitor is not sufficient. This is a non-negotiable requirement under updated EYFS guidance.
6-12 months	Within sight AND hearing of staff at all times. A baby monitor may be used to supplement visual checks but staff must be able to see and hear the child.
Over 12 months	Within sight and hearing of staff at all times. A baby monitor may be used. Regular checks must still be carried out and recorded.
Premature babies	Safer sleep requirements apply for one full year from the baby's DUE DATE not their birth date. Record the due date in the individual child sleep record.

### 5. Sleep Checks and Recording

All sleeping children must be checked regularly.

- Sleep checks are carried out every 15 minutes for babies under 12 months
- Sleep checks are carried out every 20 minutes for children over 12 months
- Every check must be recorded in the daily sleep log - time, observations and staff initials
- Room temperature must be recorded at the start and end of every sleep period
- The daily sleep log is kept on file for a minimum of three years
- Any concerns identified during a sleep check must be acted on immediately and recorded

## 6. The Sleep Environment

At [Setting Name] we ensure the following in all sleep areas:

- Room temperature is maintained between 16-20 degrees Celsius.
- A thermometer is available and checked at the start and end of every sleep period
- Cots and sleep spaces are clean, firm and flat with a waterproof mattress
- No toys, pillows, duvets, bumpers, wedges or rolled towels are placed in or around the cot
- Lightweight bedding only is used - or a well-fitting sleep bag meeting BS EN 16781:2018
- All children are placed on their back to sleep
- Once a baby can roll front to back and back to front independently, they may find their own sleeping position - staff continue to place them on their back to start
- Sleep areas are well ventilated and free from smoke
- Cots are positioned away from windows, radiators and blinds with cords

## 7. Comforters and Sleep Aids

PERMITTED	NOT PERMITTED
Comforters for children OVER 12 months Well-fitting sleep bags (BS EN 16781:2018) Lightweight blanket tucked in firmly below shoulders	Comforters for children UNDER 12 months Pillows, duvets, quilts or loose bedding Cot bumpers, wedges or rolled towels Toys, teddies or other soft items in the cot Sleep pods, nests or positioning devices

All comforters must be labelled with the child's name. Comforter use must be agreed with parents and recorded in the individual child sleep record.

## 8. Individual Sleep Needs

We recognise that some children have individual sleep needs that may require additional planning. This includes:

- Children with SEND who require a specific sleep space or position
- Premature babies whose safer sleep dates are calculated from their due date
- Children with medical conditions affecting their sleep
- Children from families who co-sleep at home

For any child with individual sleep needs we will:

- Complete an individual sleep plan in consultation with parents and carers
- Seek specialist advice where appropriate
- Document all agreed arrangements in the child's individual sleep record
- Review the individual sleep plan regularly and when circumstances change
- Never compromise the safety of the child in order to accommodate individual preferences

## 9. Staff Training and Responsibilities

All staff at [Setting Name] are required to:

- Read and sign this safer sleep policy during induction.
- Complete safer sleep training as part of their induction
- Read the NHS SIDS guidance and have this evidenced on their personnel file
- Attend refresher training when guidance is updated
- Immediately report any concerns about sleep practice to the setting manager
- Never leave a sleeping baby under 6 months unattended for any reason

The designated safer sleep lead at this setting is:

**Safer Sleep Lead:**

**Deputy Sleep Lead:**

## 10. Working with Parents and Carers

We are committed to working openly and honestly with all families about our safer sleep approach. We will:

- Share this policy with all new families as part of the settling-in process
- Ask all parents to sign a parent safer sleep agreement before their child starts
- Discuss individual sleep needs at the settling-in visit and key person meetings
- Be honest with parents when we cannot accommodate a request that conflicts with safer sleep guidance
- Provide information about NHS and Lullaby Trust safer sleep guidance to families
- Never judge or criticise home sleep practices while being clear about our setting requirements

## 11. Policy Review and Monitoring

This policy will be reviewed:

- Annually as a minimum
- Immediately when government or NHS safer sleep guidance is updated
- Following any sleep-related incident or near miss
- When new research or evidence becomes available

Compliance with this policy will be monitored through:

- Regular review of daily sleep logs
- Annual safer sleep audit of the setting
- Supervision conversations with all staff
- Regular observation of sleep practice

