



Newton Early Years Centre **Sleep policy**

Introduction:

Newton Early Years Centre recognises that sleep and rest are essential for children's health, wellbeing, learning and development. We are committed to providing a safe, nurturing and responsive environment where children can sleep or rest according to their individual needs.

This policy reflects:

- The Health and Social Care Standards (updated 2022)
- Realising the Ambition: Being Me
- Scottish Government and NHS Scotland *Safer Sleep for Babies Guidance* (2024)
- GIRFEC (Getting It Right for Every Child)
- UNCRC (United Nations Convention on the Rights of the Child)

Purpose:

In Newton Primary and Early years Centre, the children are aged 2 - 5.

Due to the expansion of 1140 hours, children are now attending early years for longer periods of time during the day and may require more opportunities for sleep and rest. Both playrooms have areas where children can safely and independently sleep or rest throughout their session. We follow guidance from Care Inspectorate and policies/ guidance indicated.

Health and Social care standards:

- 1.19 My care and support meets my needs and is right for me
- 3.10 As a child or young person I feel valued, loved and secure
- 5.12 I can rest and sleep when I want and where I am comfortable

UNCRC:

Article 3: Adults must do what is best for me

Article 31: I have the right to rest, relax and play

Children have the right to:

- Rest and relaxation.
- Have their health protected.
- Be cared for in a safe environment.
- Have their individual needs respected.

Updated August 2026
Review date: August 2027
(or sooner as per national guidance)

The centre will ensure sleep arrangements reflect the best interests of each child.

Sleep Environment:

The centre will provide:

- Clean, comfortable sleep areas.
- Individual sleep mats and sleep equipment.
- Appropriate room temperature.
- Dim lighting when required.
- Quiet, calming environments.
- Adequate supervision at all times.

Sleep areas must:

- Be risk assessed and free from hazards.
- Allow staff to observe sleeping children.
- Meet infection prevention standards.

Sleep Practice for Children Over 12 Months:

Children over 12 months may:

- Sleep on individual sleep mats.
- Access quiet rest spaces.

The centre recognises that sleep needs vary considerably and will respond to individual developmental needs.

Children who do not sleep will be offered:

- Quiet stories.
- Relaxation activities.
- Sensory experiences.
- Calm independent play.

No child will be forced to sleep.

Supervision During Sleep:

Sleeping children must remain supervised at all times.

Staff will:

- Maintain sight or hearing supervision.
- Conduct regular sleep checks.
- Record sleep monitoring where appropriate.
- Observe breathing, colour, temperature and position.

Sleep checks will take place at least every 10-15 minutes and more frequently where individual needs require. Any concerns will be responded to immediately.

*Updated August 2026
Review date: August 2027
(or sooner as per national guidance)*

Recording Sleep:

The centre will maintain records of:

- Sleep times.
- Wake times.
- Sleep duration.
- Any concerns observed.
- Communication with parents/carers.

Comforters & Comfort Blankets:

The centre has individual bags in the Pebbles Room with blankets and mat tress covers and a stock of blankets in the Seashells Room that are only used for children who fall asleep or who need a rest. Once used these blankets are then washed at a 60C wash. The blankets are not shared between children. If a child requires their dummy then this is acceptable although is not encouraged through the day and kept in individual containers,

Infection Prevention:

Staff will ensure:

- Mats are cleaned regularly.
- Bedding is stored individually.
- Bedding is washed routinely.
- Soiled items are cleaned immediately.

All infection prevention procedures will follow South Ayrshire Council and NHS Ayrshire & Arran guidance.

Safeguarding:

Sleep arrangements form part of the centre's safeguarding responsibilities.

Staff will:

- Remain vigilant during sleep periods.
- Record sleep periods accurately.
- Report any concerns immediately.

Partnership with Parents and Carers:

During Care Plans EYC staff will discuss:

- sleep routines and patters with parents/ carers
- any medical conditions affecting sleep.
- preferred comfort measures.
- any exceptional arrangements supported by medical advice.

Sleep arrangements will be reviewed regularly with families.

Daily sleep information may be shared verbally, electronically, or through seesaw as required.

*Updated August 2026
Review date: August 2027
(or sooner as per national guidance)*

Equality and Inclusion:

The centre will make reasonable adjustments to support individual:

- Cultural practices.
- Religious beliefs.
- Medical needs.
- Additional support needs.

However, no practice will be permitted that compromises a child's safety or contradicts national safer sleep guidance.

References

- *The Health and Social Care Standards*
- *Realising the Ambition: Being Me*
- *Scottish Government and NHS Scotland Safer Sleep for Babies Guidance (2024)* [gov.scot]
- *GIRFEC (Getting It Right for Every Child)*
- *UNCRC (United Nations Convention on the Rights of the Child)*
- *The Lullaby Trust Scotland Safer Sleep Resources.* [lullabytrust.org.uk], [lullabytrust.org.uk]

Updated August 2026
Review date: August 2027
(or sooner as per national guidance)