

SUTTON OAK CHURCH OF ENGLAND

PRIMARY SCHOOL

Safe Sleep Policy

2026



Believe, Achieve and Grow Together in Christ

At Sutton Oak CE Primary School we aim to ensure that all children have enough sleep to support their development and natural sleeping rhythms in a safe environment. We are committed to providing a safe, comfortable and supportive environment for all children who may need to sleep or rest during the school day.

Although children aged 3 and over are at significantly lower risk of Sudden Infant Death Syndrome (SIDS) than babies, appropriate arrangements are still required to promote children's safety, wellbeing and dignity when they fall asleep.

This policy applies to all children aged 3 and over who attend the school, including children who may require sleep or rest because of their age, individual needs, illness, disability, additional needs or medical condition. The school recognises that some children aged 3 and over may still require daytime sleep or periods of rest. Where a child regularly requires sleep during the school day, the school will discuss their needs with their parent/carer and, where appropriate, relevant health or other professionals.

We ask parents to complete information on their child's sleeping routines when the child starts at nursery. We recognise parent knowledge of their child with regard to sleep routines and will, where possible, work together to ensure each child's individual sleep routines and well-being continues to be met. However, staff will not force a child to sleep or keep them awake against his or her will. They will also not usually wake children from their sleep.

Where a child needs to sleep, we provide a safe sleeping environment by:

- Monitoring the room temperature – 16-20 degrees – optimum 18 degrees Celsius.

- Using clean, light blankets and ensuring children are appropriately dressed for sleep to avoid overheating and ensuring they do not cover the child's face.
- Ensuring the sleeping surface is stable, and appropriate for its intended use, using a firm and flat sleeping surface.
- Keeping all spaces around the sleeping space clear from hanging objects or unnecessary hazards and obstructions.
- Ensure the child is not placed in an unsafe position or location.
- Ensure children are appropriately supervised.
- Ensure the sleeping area is clean, quiet, comfortable and appropriately ventilated.
- Ensure the child's face and airway remain unobstructed;

We will supervise and monitor regularly. The level and frequency of supervision will take account of the child's age, their individual needs, the reason for sleeping, any medical or developmental conditions, medication, the sleeping environment and any concerns identified by parents/carers or professionals. Staff should remain sufficiently close to the child to respond promptly if there is a concern. Staff must be able to respond immediately if the child shows signs of distress, illness, breathing difficulties or another emergency.

Staff will communicate all episodes of falling asleep with parent/carers. We will contact the parent/carer if the circumstances are unusual, concerning or recurring.

Staff will follow first-aid or emergency procedures if the child appears unwell or their breathing is abnormal. A child who is unexpectedly very sleepy, difficult to rouse, confused, unusually pale/blue, struggling to breathe or otherwise appears seriously unwell must receive urgent medical attention in accordance with the school's first-aid and emergency procedures.

All our sleep arrangements must always protect the child's dignity and welfare. Any concern that a child's sleeping arrangements are unsafe, inappropriate or inconsistent with their known needs should be reported to the Designated Safeguarding Lead in accordance with the school's safeguarding procedures. Staff must remain alert to any unexplained injuries, unusual behaviour, disclosures or other concerns that may arise in relation to sleep or rest.

Further information can be found at: <http://www.lullabytrust.org.uk>