



**Policy:** Nursery and Pre-school Rest & Sleep Policy

**Policy reference no:** 59

**Date:** September 2025

**Person responsible for policy:** Stephen Dean, Chief Executive Officer

**Authorised by:** Board of Trustees

**Review date:** December 2027

This Policy applies to all schools within the Primary QuEST Multi-Academy Trust. Primary QuEST is a Church of England Trust which seeks to ensure all pupils flourish, together in a supportive and caring environment.

### **Flourishing together through LIFE**

At Primary QuEST Nursery and Preschool settings, we recognise the importance of sleep and rest for a child's wellbeing and personal development. Whilst we are aware that all children are individuals and will have their own unique sleep patterns, we aim to support all parents to achieve a happy and safe sleep routine for their child if needed. We provide flexibility and opportunities for children to take rests and naps as they need and desire. Whilst we don't schedule sleep as part of our daily routine, we appreciate all children are individuals and staff know the children well. If we feel they need a period of rest/sleep we will therefore ensure they are able to have this.

Children in their Pre-school year will often outgrow their afternoon sleep, however will still benefit from a quiet period which is provided daily, include quiet activities such as stories, puzzles, play dough, listening to a story CD or calming music.

Sleeping children are supervised at all times and are left to wake in their own time unless specifically requested to fit another pattern by the parents. Children will be allowed at least 30 minutes sleep before waking and are checked every 10 minutes by a member of staff.

Sleep routines are maintained as follows: -

- Sleep mats are provided for children to sleep on and are cleaned before and after use.
- Individual bedding is provided which is laundered daily.
- Sleep checks are carried out every ten minutes by staff and recorded on sleep charts. All records are kept for a minimum of 3 months and ratios are maintained at all times in case of an emergency.

- Clothing is reduced to a minimum to prevent children overheating and shoes, socks, trousers, tights or leggings are removed to allow children to sleep in comfort.
- Comfort blankets and soft toys are most welcome for they bring enormous comfort and reassurance to small children, especially when they are new to the nursery and during rest and sleep times. These should be risk assessed to ensure children's safety.
- Lighting is kept low, soothing music can also be provided for a calming and relaxed atmosphere.
- Opportunities for quiet play are provided for early risers.