



Safer Sleep Policy

Bramley Church of England Infant and Nursery School

Policy effective from September 2026

Approved by Local Committee

Last reviewed on September 2026

Next review due by September 2029

Version history

Version	Description of change	Author	Approved
1.0	Original version	Naomi Strickland and Kate Muncer	Local Committee

This policy supports the updates to the Early Years Foundation Stage (EYFS) statutory framework. The policy is for children within our care 2 years and older, so does not cover guidance relating to children under two years of age as they are not in our care in Pre-School or Nursery.

Why safer sleep is important

It is important to provide children with a safe sleep environment to reduce the risk of sudden unexpected death in childhood (SUDC) in children aged over 12 months. Sudden Infant Death Syndrome (SIDS) is relevant to children under two so is not covered by this policy.

SUDC is the sudden unexpected death of a child where no cause is found. Creating a safer sleep space can help avoid accidents, such as the risk of suffocating when sleeping from becoming entangled in soft bedding and/or getting trapped in soft furniture.

Staff at Bramley C of E Infant and Nursery School will follow all the steps below to ensure that you are providing as safe a sleep environment as possible for all children in our care.

In order to do this we will provide:

- children are to be placed down on their back in their own separate sleep space on a clear, flat, firm surface such as a suitable mattress on the floor.
- sleep spaces should only contain a firm, flat, waterproof mattress and lightweight bedding which is firmly tucked in around the child no higher than their shoulders to prevent head covering.
- Sleeping areas must not contain extra items such as toys, pillows, loose bedding, bumpers, wedges or straps
- children should not get too hot or cold - the ideal room temperature for children to sleep in is **16°C and 20°C**. The room will have a thermometer in place to ensure staff can monitor temperatures.
- children's heads are not covered
- children will always be within sight and hearing of staff when sleeping

To check if a child is too hot or cold, feel their chest or the back of their neck (hands and feet will usually be cooler, which is normal). If their skin feels clammy or sweaty, remove one or more layers of clothing or bedding. We will use our professional judgement during extreme temperatures and inform families accordingly if a sleep has not been possible due to extreme temperatures.

We will ensure any sleeping equipment meets the relevant British Safety Standards as outlined below:

- cots, travel cots, Moses baskets and carry cots: BS EN 716-1:2017, BS EN 1466:2014 or BS EN 1466:2023
- bedside cribs: Since 2020, all bedside cribs should meet the new crib safety standard BS EN 1130:2019. This means cots should no longer have a side that fully drops down.
- mattresses: BS 7177:2008+A1:2011

- mattresses for cots, travel cots and cribs: BS EN 16890:2017+A1:2021
- sleepbags: BS EN 16781:2018

This list is provided for reference, and not all equipment is relevant to our setting. Any equipment provided by parents e.g. a child's own blanket or mattress must adhere to these safety requirements or it will not be used.

Sleeping whilst travelling for example on a school trip

Children aged over 12 months that fall asleep whilst travelling should, where possible, be transitioned to their own separate sleep space on a clear, flat, firm surface such as a cot, bed or suitable mattress on the floor upon return. A lie-flat pram or lie-flat pushchair should not be their main separate sleep space. Coats, hats and blankets should be adjusted to prevent overheating.

If a child falls asleep whilst travelling in a car seat, they must be transferred to their separate sleep space as soon as they return to the setting.

Further information

- Sudden infant death syndrome (SIDS) – NHS.
- More information on safer sleep guidance is available from The Lullaby Trust.
- Further information about product safety and recalls can be found on the Office for Product Safety and Standards.

Advice for Early Years settings – sleeping spaces for babies

the
lullaby
trust

The safest place for babies to sleep is on a **clear, flat and separate sleep space** such as a:



Moses basket



Cot



Crib



Travel cot



Carrycot

We **advise against** sleeping babies in a seated or inclined position such as in:

- ✗ Pushchairs/buggies
- ✗ Beanbags
- ✗ Car seats
- ✗ Bouncy chairs
- ✗ Swings
- ✗ Hammocks
- ✗ Beanbags



These are not suitable sleep surfaces for babies as they are **not firm and flat and can increase the risk of SIDS**. This is because if a **baby's chin is close to, or on their chest, this position can restrict their airways**. If a baby or child falls asleep in a sitting device they should be moved to a flat surface. Don't place sitting devices on high or soft surfaces.

Follow this advice for every sleep – day or night.

This advice should be within your setting's policy to ensure safer sleep is always followed.

Sleep supervision

In nursery or childcare settings, sleeping babies must be closely supervised. A staff member must remain in the room with babies under six months. Older babies should be supervised either by staff in the sleep room or through frequent checks. Sleeping children must always be within staff sight and hearing.



Inspect cots, bedding, and mattresses before each sleep session and ensure all are in good condition.



To avoid overheating, **babies should be dressed appropriately for the room temperature** (the ideal temperature is 16-20 degrees).

