

Sleep Check Procedure

Purpose

To ensure the safety and wellbeing of all children aged 0-5 years during sleep time, in accordance with the EYFS 2025 requirements.

Frequency of Checks

- Sleep checks must be conducted every 10 minutes by a designated staff member.

Procedure for Physical Sleep Checks

- 1. Approach the Sleeping Child Quietly and Calmly**
 - Avoid making loud noises to maintain a restful environment.
- 2. Lower to the Child's Level**
 - Kneel or bend down so that your head is level with the child's face to observe them closely.
- 3. Check for Breathing (First Aid Style)**
 - Place your pointer finger just under the child's nose to feel for air moving in and out.
 - Place your hand gently on the child's chest to feel and observe the rise and fall of their chest to ensure regular breathing.
- 4. Observe Physical Appearance**
 - Check the child's skin colour (e.g., normal, pale, flushed). Ensure there are no signs of distress.
 - Ensure the child's sleeping position is safe (e.g., lying on their back for babies unless otherwise directed by a medical professional).
 - Ensure the airway remains clear and unobstructed.
- 5. Environmental Check**
 - Check the sleeping area is safe, at a comfortable temperature, and free from hazards.
 - Ensure bedding is secure and appropriate for the child's age and development.
 - Confirm that no loose items or toys pose a suffocation or strangulation risk.

Recording and Documentation

- Record each sleep check on Family App (digital system).

Staff Responsibilities

- Staff must remain vigilant and attentive during sleep checks.
- If any concerns are identified (e.g., irregular breathing, discolouration, distress), follow first aid procedures immediately and alert the room leader or manager.



Compliance with EYFS 2025

This procedure aligns with the EYFS 2025 standards by ensuring: - Regular and recorded monitoring of children during sleep - Physical checks to confirm wellbeing and breathing - Safe sleep environments and staff accountability

This policy was adopted on	Signed on behalf of the nursery	Date for review
<i>September 2025</i>	Anjana Shah	<i>September 2026</i>