

Safe Sleep Procedure

At Percy Hedley School, we understand that quality sleep plays a crucial role in our children and young people's cognitive, emotional, and physical development. We recognise that each pupil has their own sleep routine, and we work closely with parents and carers to ensure a consistent and comforting approach to sleep both at home and in school.

Pupils may need to sleep at school for a variety of reasons, and at any stage in their school career. Sleep is reviewed regularly with the transdisciplinary team and home to ensure that we are supporting pupils with their individual needs. Sleep may be needed at points in a pupil's school career due to medical issues, rehabilitation, medication changes, or during periods of anxiety. Pupils' needs are met on an individual level, and communication with school and home remains a priority to ensure we are always meeting the needs of the pupils.

Before a pupil begins at the school, parents and carers will be asked to share details of their child's sleep routine, including any typical nap times, duration, and any settling techniques used at home, and will be asked to work with the team about the appropriateness of these within the school day. If there are any changes to this routine, we ask that these are communicated to the school as soon as possible. We will inform parents and carers of their child's sleep times at the end of each school day.

We follow NHS safer sleep guidance and have individualised plans in place to ensure the safety of pupils during sleep and nap times. These assessments include measures to reduce the risk of Sudden Infant Death Syndrome (SIDS). Our school is a smoke-free and vape-free environment, ensuring that our pupils are never exposed to harmful substances, including during sleep.

Statutory Guidance for Early Years

In line with the Early Years Foundation Stage (EYFS) Statutory Framework, childcare settings have a duty to keep babies safe, which includes following NHS guidance on reducing the risk of Sudden Infant Death Syndrome (SIDS). Our Sleep Procedures reflect this commitment and are informed by advice from The Lullaby Trust.

Our Early Years provision begins at age three, and therefore we have no babies on site. Within the Early Years setting children sleep in a designated, calm area within the room. Sleep is child-led and based on individual needs rather than set times. Children are kept within sight and/or hearing distance at all times to ensure they are safe and comfortable. Sleep times are recorded daily and shared with parents.

Percy Hedley School Safe Sleep Procedures

At Percy Hedley School, we give careful thought to the safest location for sleep, considering the type of bed itself, and its appropriateness for the pupils needs, room temperature, potential hazards that need to be out of reach and how we will monitor each student.

- Sleep spaces are positioned safely and appropriately within the setting. Potential hazards such as blind cords, plastic bags, or other strangulation risks will be kept well out of reach.
- If a pupil falls asleep while travelling, they will be reclined where possible and transferred to a suitable bed as soon as they return to the setting, where this is appropriate for the pupil and their needs.
- If a pupil falls asleep while sitting within the setting, they will be encouraged to move to a flat, appropriate sleep surface, which is appropriate for age and stage, or moved as necessary. Where some older pupils choose to snooze in a chair at social times, this would be assessed as part of their age and stage, and appropriate supervision would be provided for this and appropriate clothing choices checked to ensure safety. Where sleep at these times becomes a regular occurrence, this will be assessed by the team for underlying issues, and plans put into place for this alongside parents and pupil voice. Individual needs and wellbeing will be taken into account within decision making, and support for appropriate sleep hygiene will be explored.
- In line with NHS guidance, pupils will be placed on their backs for sleep. Where a pupil is able to roll independently, they will be allowed to settle in the position they find most comfortable and will not be repositioned onto their back.
- We aim to maintain a recommended room temperature of between 16°C and 20°C, avoiding exposure to direct sunlight, draughts and heat sources. Thermometers are used to monitor and regulate the temperature to ensure a safe and comfortable sleep environment.
- Care is taken to prevent overheating. Pupils will be encouraged not to sleep in outdoor clothing or coats, and hot water bottles, electric blankets, or heaters placed near sleep areas will not be used. Hot water bottles may be used with medical or professional advice. Hats, slings, or muslins will never be placed over a pupil's head or face while they are sleeping. If needed, a pupil's body temperature will be checked by placing a hand gently on their chest or upper back, or through use of thermometers with advice from the nursing team.
- All pupils are closely monitored during sleep and remain within sight and/or hearing at all times. Additionally, each pupil is checked individually and in person at regular intervals while sleeping, and this is relevant to their age and stage.
- Staff will gently wake pupils at the end of their allocated sleep time or will allow children to wake naturally without disturbance, where this is appropriate for the individual and their current plan. This is dependent upon the reason for sleep, pupils' age and stage, and the pupils' individual risk assessments, plan and medical needs.
- After each sleep, mattresses will be thoroughly wiped down and bedding changed.
- All staff are trained to call 999 immediately if a child is unresponsive, has difficulty breathing, appears severely disoriented or experiences a seizure. Care plans and individualised risk assessments must be followed at all times. Nursing staff to be used to support as needed.

In addition to following safer sleep procedures within our setting, we strive to provide families with the knowledge they need to make informed choices about their child's sleep routines at home and supporting sleep hygiene within their lives. If parents' or carers' preferences conflict with safer sleep

guidelines, we will address these concerns individually and work collaboratively on a case-by-case basis.

Pupils with Medical Needs

Pupils with pre-existing health needs will have individual care plans, developed using information provided by parents, medical professionals and supported by therapy teams. This plan will guide staff, where appropriate, on specific procedures to follow during sleep times and include any additional checks required.

Parents must inform staff if their child is unwell upon arrival at school and provide details of any medication given prior to attendance. If a pupil becomes unwell while at school, their temperature will be checked before sleep and monitored throughout their sleep session. Staff will also carry out more frequent checks on the pupil's condition and will wake them up if medication or medical attention is needed.

Pupils who require a SATs machine, to monitor the oxygen in their blood whilst sleeping, will have trained staff with them at all times, to monitor these and will respond accordingly, dependent upon individual plans.

Settling Procedures

At Percy Hedley School, we understand that every student has their own unique routine. We work closely with parents and carers to maintain consistency between home and the setting, while ensuring safe practices and fulfilling our duty of care.

- All children will either self-settle or be settled by staff, following parents' and carers' or pupil preferences, dependent upon age and stage, wherever possible. We also consider safety requirements, as well as the wellbeing needs of all pupils in our care.
- All pupils will be supervised, in line with their individual needs.
- Pupil voice is listened to, where appropriate, always to ensure that we are supporting pupils as they would require us to.

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