

# Advice for Early Years settings – sleeping space for babies

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**
- ✗ **car seats**
- ✗ **bouncy chairs**
- ✗ **swings**
- ✗ **hammocks**

These are not suitable sleep surfaces for babies as they are not firm and flat, therefore can be associated with an increased risk of SIDS. This is because if a baby's chin is close to, or on their chest, this position can restrict their airways and become a possible contributing factor to SIDS so should be avoided.

All of our safer sleep advice is for every sleep and nap.

If a baby falls asleep in a sitting device they should be moved to a flat surface. Don't place sitting devices on a high or soft surface.

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

## SLEEP SUPERVISION

In a nursery/childcare environment, sleeping babies should be closely supervised. This can be a member of staff being present in a dedicated sleep room whilst the babies sleep or frequent monitoring by members of staff in an open plan room.

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

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

**This advice applies to all babies under one year, but especially in the first six months.**