



RECOMMENDED SLEEP GUIDELINES



Sleep is important for kids of all ages.



Just like healthy food, exercise, and learning, sleep helps children to:

▶ Grow strong ▶ Stay active ▶ Do well in school ▶ Eat well ▶ Feel better



Good sleep can help kids to:

▶ Feel happier ▶ Stay healthy and fight off sickness
▶ Focus, remember things, and learn more easily ▶ Build confidence and good mental health



Naps are okay for young children.



Most kids stop napping between ages 3 and 5.



If older kids nap a lot, they may not be sleeping enough at night.



Teens naturally stay up later but still need 8-10 hours of sleep.

TIPS FOR BETTER SLEEP



Keep sleep and wake times the same every day, even on weekends.



Start getting ready for bed 30 minutes before sleep.



Turn off screens and do quiet activities like reading or taking a bath.



Use the bed only for sleeping, not for watching TV or playing.



Get outside and be active during the day.



Aim for 60 minutes of movement and sunlight every day.

RECOMMENDED SLEEP GUIDELINES

AGE	RECOMMENDED	MAY BE APPROPRIATE*
Newborns (0-3 months)	14-17 hours	11 to 13 hours 18 to 19 hours
Infants (4-11 months)	12 to 15 hours	10 to 11 hours 16 to 18 hours
Toddlers (1-2 years)	11 to 14 hours	9 to 10 hours 15 to 16 hours
Preschoolers (2-5 years)	10 to 13 hours	8-9 hours 14 hours
School-aged children (6-13 years)	9 to 11 hours	7-8 hours 12 hours
Teenagers (14-17 years)	8 to 10 hours	7 hours 11 hours
Young adults (18-25 years)	7-9 hours	6 hours 10 to 11 hours
Adults (26-64 years)	7-9 hours	6 hours 10 hours
Older adults (≥65 years)	7-8 hours	5 to 6 hours 9 hours

The above sleep duration recommendations are based on a report of an expert panel convened by the US based National Sleep Foundation and published in 2015 in their journal Sleep Health.

***Sleeping more or less than the 'may be appropriate' hours must be monitored, as it may affect the growth and wellbeing of your child.**