

Information About Children's Sleep For Parents And Teachers

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Children And Sleep

Sleep is a vital need, essential to a child's health and growth. Sleep promotes alertness, memory and performance. Children who get enough sleep are more likely to function better and are less prone to behavioral problems and moodiness. That is why it is important for parents to start early and help their children develop good sleep habits. How much sleep should my child get?

Each child is different and has different sleep needs. This chart presents recommended hours of sleep that includes naps for children up to five years of age.

How Much Sleep Should My Child Get?

Age	Hours Of Sleep
0 - 2 months	10.5 - 18
2 - 12 months	14 - 15
1 - 3 years	12 - 14
3 - 5 years	11 - 13
5 - 12 years	10 - 11

Children Need And Thrive On Routine

The #1 tip for good sleeping habits in children is to follow a nightly routine. A bedtime ritual makes it easier for your child to relax, fall asleep and sleep through the night.

Typical Bedtime Routine

1. Have a light snack
2. Take a bath.
3. Put on pajamas.
4. Brush teeth.
5. Read a story.
6. Make sure the room is quiet and at a comfortable temperature.
7. Put your child to bed.
8. Say goodnight and leave.

Helpful Tips

- Make bedtime the same time every night.
- Make bedtime a positive and relaxing experience without TV or videos. According to one recent study, TV viewing prior to bed can lead to difficulty falling and staying asleep. Save your child's favorite relaxing, non-stimulating activities until last and have them occur in the child's bedroom.
- Keep the bedtime environment (e.g. light, temperature) the same all night long.