RECOMMENDED SLEEP GUIDELINES

children's health & wellbeing local
Free support for children and their families

- 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

  ✓ Focus, remember things, and learn more easily

  ✓ Build confidence and good mental health

  ✓ Stay healthy and fight off sickness

- 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.