

When children do not get the sleep they need the following can occur:

- Their **health** is at risk.
- They may become **moody** and **behavior** issues.
- They may have **difficulties concentrating** in school.
- They are more likely to **injure** themselves.

Please be sure you **maintain a daily sleep schedule** and have a **consistent bedtime routine** for your child. Set limits that are consistent, communicated, and enforced. Children should sleep in the same sleeping environment every night, in a room that is cool, quiet and dark, and without a TV. In fact, children should **refrain** from **TV, computers,** and other **electronic screens** up to an hour before sleep, as well as **caffeine**. These things can lead to difficulty falling asleep, nightmares and disruptions to their sleep.

While individual sleep needs can vary for children, the amount of sleep suggested by sleep experts for particular age group is:

Newborn-18 months	14-18 hours/night
18 months-3 years	12-14 hours/night
3-5 years	11-13 hours/night
5-12 years	10-11 hours/night
Teens	9.25 hours/night