

## How Much Sleep Does Your Child Need?

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

- Their health is at risk.
- They may become moody and have 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