

## GOOD NIGHT, SLEEP TIGHT. CHILD SLEEP NEEDS



NEWBORNS (0–3 months)

HRS.



INFANTS (4–12 months)

HRS.



TODDLERS (1–2 years)

HRS.



PRESCHOOLERS (3–5 years)

HRS.



SCHOOL-AGE (6–12 years)

HRS.



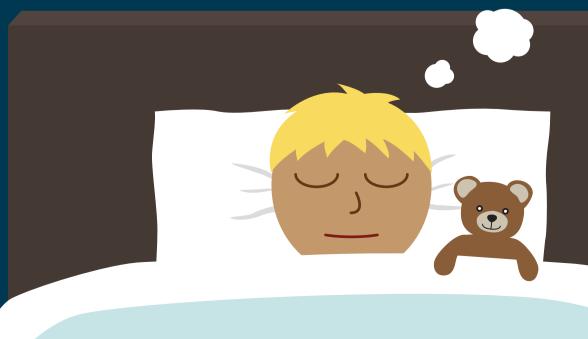
TEENAGERS (13–18 years)

HRS.

General guidelines as sleep may vary.
Whenever there is some ongoing impairment in daytime functioning, lack of sufficient sleep should be considered as a possible cause.

Source: American Academy of Sleep Medicine

njhealth.org 1.877.CALL NJH (877.225.5654)



National Jewish Health, 2016

