



## How Much Sleep Does My Child Need?

The number of hours children need for sleep varies depending on their stage of development. The National Sleep Foundation recommends:

Development Stage	Age Range	Sleep Needed (Hours)
Newborns	0 to 3 Months	10 to 18
Infants	3 to 12 months	14 to 15
Toddlers	1 to 3 years	12 to 14
Preschoolers	3 to 5 years	11 to 12
School-Aged	6 to 12 years	10 to 11
Adolescents	13 to 19 years	8.5 to 9.5

## How Do I Know If My Child Is Getting Enough Sleep?

Key indicators that your child is not getting enough sleep:

- Difficulty waking after a full night's sleep
- Falling asleep at school
- Frequent or regular naps for school-aged children
- Child regularly falls asleep quickly on short car rides (less than 10 minutes)
- Increased irritability and fatigue after a poor or short night of sleep

## How Can I Help My Child Sleep Better?

- Make sleep a priority for the entire family!
- Have a consistent bedtime and wake time every day
  - ♦ Should not differ by more than one hour on the weekends
- Remove all technology from the bedrooms (TV, video games, iPad, laptop, etc.)
- Create a short, consistent bedtime routine that ends in your child's sleep environment
- Turn off technology/electronics 30 minutes before bed
- Limit products that contain caffeine after lunch time (i.e. ice tea, soda)

**Talk with your doctor if you have concerns about your child's sleep. He or she may recommend that you visit a specialist. Lisa Meltzer, PhD, a pediatric Sleep Specialist at National Jewish Health, can work with you and your child, and your doctor.**

To make an appointment, call  
**303.398.1260**

Visit [www.njhealth.org/ChildSleep](http://www.njhealth.org/ChildSleep)