

## How much sleep is enough for your child?

The American Academy of Sleep Medicine (AASM) provides some helpful guidelines regarding how much sleep children need at different stages in their development.

The American Academy of Pediatrics (AAP) endorses these guidelines.

WHEN KIDS ARE...	THEY NEED...
4 to 12 month	12 to 16 hours
1 to 2 years	11 to 14 hours
3 to 5 years	10 to 13 hours
6 to 12 years	9 to 12 hours
13 to 18 years	8 to 10 hours

### The Importance of a Good Nights Sleep on Child Development and Behaviour:

- ♥ Strengthens our **immune system** (e.g., prevents colds, flus, etc.).
- ♥ Helps us **pay attention** (e.g., concentrate), **listen, learn, remember stuff** (e.g., memory) and **follow instructions**.
- ♥ Makes us less **irritable or grumpy** and helps balance our mood.