**Age Appropriate Sleep Guidelines**

The American Academy of Sleep Medicine (AASM) and the American Academy of Pediatrics (AAP) have guidelines about the daily sleep needs of children within a given age group. Sleep varies from child-to-child, but there is an acceptable range needed for each age.

Getting enough sleep nightly is vital to for your mental and physical health especially for attention, memory, learning, behavior, blood pressure, weight, and emotional regulation.

Guidelines

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| 4 – 12 months old (Infants) | 12 – 16 hours (including naps) |
| 1 – 2 years old (Toddlers) | 11 - 14 hours (including naps) |
| 3 – 5 years old (Pre-school Aged children) | 10 - 13 hours (including naps) |
| 6 – 12 years old (School aged) children) | 9 – 12 hours\* |
| 13 – 18 years old (Teenagers) | 8 - 10 hours\* |

\* School aged children and teens tend not to take naps, but these guidelines can include naps if the child takes naps on a regular basis.

Good sleep habits are the key to getting a good night of sleep. Please talk to your child’s doctor if your child still struggles with sleep with a good sleep hygiene. They may have a health condition or sleep disorder.

Learn more on these websites:

* <https://www.healthychildren.org/English/news/Pages/AAP-Supports-Childhood-Sleep-Guidelines.aspx>
* <https://www.healthychildren.org/English/healthy-living/sleep/Pages/Healthy-Sleep-Habits-How-Many-Hours-Does-Your-Child-Need.aspx>
* <https://www.cdc.gov/sleep/about_sleep/how_much_sleep.html>