

Recommended Hours of Sleep:

In 2016, the American Academy of Pediatrics endorsed the American Academy of Sleep Medicine's recommended minimum and maximum hours for sleep based on age. They are as follows:

- Ages 4-12 months: 12-16 hours (including naps)
- Ages 1-2 years: 11-14 hours (including naps)
- Ages 3-5 years: 10-13 hours (including naps)
- Ages 6-12 years: 9-12 hours
- Ages 13-18 years: 8-10 hours

The American Academy of Sleep Medicine states that “regularly sleeping fewer than the number of recommended hours is associated with attention, behavior, and learning problems.” “Insufficient sleep also increases the risk of accidents, injuries, hypertension (high blood pressure), obesity, diabetes and depression.” Too much sleep has been linked to obesity, diabetes and mental health problems.

- The correct amount of sleep is important to your child's health.
- You should set the bedtime and wakeup time for your young child and guide pre-teens and teens to help them have the recommended amount of sleep.
- For younger children, having a bedtime routine is helpful. It can be as simple as brushing their teeth, reading a short story or two, snuggling with a favorite stuffed animal and being “tucked in” for the night.
- For older children and teens, all screens (computers, phones, televisions) should be turned off 30 minutes prior to going to bed. It is also recommended that computers and other screens not be in children's bedrooms.