

CHILDREN AND SLEEP

Sleep is essential to a child's health, growth and academic success. Sleep promotes alertness, memory, and performance. Children who get enough sleep are more likely to function better and are less prone to behavior problems. That is why it is important for parents to start early and help their children develop good sleeping habits. How much sleep should my child get?

Each child is different and has different sleep needs. This chart presents recommend hours of sleep that includes naps for children up to five years of age.

How Much Sleep Should My Child Get?

Age	Hours of Sleep
0 - 2 months	10.5–18
2 - 12 months	14–15
1 - 3 years	12–14
3 - 5 years	11–13
5 - 12 years	10-11



CHILDREN NEED AND THRIVE ON ROUTINE

The #1 tip for good sleeping habits in children is to follow a nightly routine. A bedtime for your child to relax, fall asleep and sleep through the night.

Typical Bedtime Routine

1. Have a light snack.
2. Take a bath.
3. Put on pajamas.
4. Brush teeth.
5. Read a story.
6. Make sure the room is quiet and at a comfortable temperature.
7. Say goodnight and leave.

Helpful Tips

- Make bedtime the same time every night.
- Make bedtime a positive and relaxing experience without TV, videos or computer viewing.
- According to one recent study, TV viewing prior to bed can lead to difficulty falling and staying asleep. Save your child's favorite relaxing, non-stimulation activities until last and have them occur in the child's bedroom
- Make the child's bedroom conducive to sleep—dark, cool and quite.
- **Keep TV and computers out of the bedroom**
- **Avoid caffeine.**



COOPERATIVE EXTENSION BUTTE COUNTY
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Source: Adapted from Sleep for Kids
National Sleep Foundation
<http://sleepforkids.org/html/habits.html>