



HOW MUCH SLEEP DOES YOUR CHILD NEED?

It's natural for parents to worry about their child's sleep, wondering if it's sufficient for healthy development. According to the National Sleep Foundation, these are the appropriate sleep ranges per age group in a 24-hour period.

Newborns (0–3 months)

RECOMMENDED

14-17 hours a day
May also be appropriate 11-19 hours

Sleep patterns for newborns are not consistent, that's why the American Association of Sleep Medicine (AASM) and American Academy of Pediatrics (AAP) have chosen not to list a recommended amount of daytime sleep for babies under 4 months old.

Infants (4–11 months)

RECOMMENDED

12-16 hours a day
May also be appropriate 10-18 hours

It is normal for infants in this age group to sleep for 3-4 hours during the day.

Toddlers (1–2 years)

RECOMMENDED

11-14 hours a day
May also be appropriate 9-16 hours

Toddlers' napping decreases compared to infants and frequently accounts for around 1-2 hours of daily sleep. Children in this age group may have two naps per day at the start of this period, but they may drop to one nap between the ages of 13-18 months.

Preschoolers (3–5 years)

RECOMMENDED

10-13 hours a day
May also be appropriate 8-14 hours

During this time, naps may get shorter, or a preschooler may stop napping on a regular basis.

School agers (6–13 years)

RECOMMENDED

9-11 hours a day
May also be appropriate 7-12 hours

As school-age includes a wider set of ages, the individual needs of any given child in this group can vary significantly. Younger school-age children typically need more sleep than those who are in middle school or approaching high school.

Source: [sleepfoundation.org](https://www.sleepfoundation.org)