

HOURS OF SLEEP PER 24 HOUR PERIOD BY AGE

AGE	TOTAL HOURS OF SLEEP	DAY TIME(NAPS) HOURS
1 week	16.5	8
1 month	15.5	6
3 months	15	5
6 months	14.25	3-4
9 months	14	3
12 months	13.75	2-3
18 months	13.5	2
2 years	13	1-2
3 years	12	1
4 years	11.5	
5 years	11	
6 years	10.75	
7 years	10.5	
8 years	10.25	
9 years	10	
10 years	9.75	
11 years	9.5	
12 years	9.25	
13 years	9.25	
14 years	9	
15 years	8.75	
16 years	8.5	
17 years	8.25	
18 years	8.25	

<http://www.drpaul.com/behaviour/sleep.html>



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YOUR CHILD AND SLEEP

Why do we want children to get good sleep?

- Most growth, physical and mental, occurs during sleep.
- Sleep helps children get well when they are sick
- Good sleep helps your child to do their best in school.

When children don't get enough sleep or good quality sleep, they:

- Get angry, defiant, aggressive with other children and teachers at school
- Have trouble controlling their tempers
- Have trouble concentrating
- Seem hyperactive

If your child is showing negative behaviors, check his or her sleep first.

How much sleep do children need?

3 year olds: 12 hours per day

4 year olds: 11.5 hours per day

5 year olds: 11 hours per day

How do I help my child get good sleep?

- Follow a fairly regular schedule for bedtime, nap time and wake-up time.
- Limit the amount of food and drink before bedtime. Trips to the bathroom or wet diapers or bed disturb sleep. It is normal for many children under 6 to wet at night. Use a pull-up.
- Avoid scary and inappropriate television and movies. These give kids nightmares and disturb sleep.
- Exercise. If your child is active, he will sleep better.
- Set up a calm and consistent bedtime routine. Teeth-brushing, face washing followed by a book read by Mom or Dad helps children to know that it is time to go to bed and to wind down calmly.
- Bedtime is an opportunity to create a close and warm bond with your child. Talk about her day. Tell family stories. Make up new stories to help your child understand new friends, new school, or new home.
- Use a security blanket or animal if your child prefers.
- Check your child's bedroom: Is it too light? Too loud? Too hot?
- Use a night light in the child's bedroom to calm fears.
- Spray "monster spray" to get rid of unwanted monsters in the closet or under the bed.
- Leave calming music on at a low level as the child falls asleep.
- If your child wakes in the night because they are not feeling well or had a bad dream, comfort them and give them a little love and attention. Then teach them how to get themselves back to sleep.

How to Solve Your Child's Sleep Problems by Richard Ferber, M.D.

Healthy Sleep Habits, Happy Child, by Mark Weissbluth _M.D.

<http://www.webmd.com/parenting/guide/how-much-sleep-do-children-nee>

