

Is Your Child

Getting Enough Sleep?

Newborn
0-3 months

14-17
hours

Infant
4-12 months

12-16
hours

Toddler
1-2 years

11-14
hours

Preschooler
3-5 years

10-13
hours

School-Aged
6-12 years

9-12
hours

Adolescent
13-18 years

8-10
hours



WARNING SIGNS OF SLEEP DEPRIVATION

- Difficult to wake
- Sleeping 2+ extra hours on weekends
- ADHD-like behavior
- Falling asleep in inappropriate places
- Emotional problems

25% to 40% of kids will have a sleep problem at some point during their childhood.

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 **National Jewish Health**
for kids