



GOOD NIGHT, SLEEP TIGHT. CHILD SLEEP NEEDS

14-17 HRS.

NEWBORNS (0-3 months)



12-15 HRS.

INFANTS (4-11 months)



11-14 HRS.

TODDLERS (1-2 years)



10-13 HRS.

PRESCHOOLERS (3-5 years)



9-11 HRS.

SCHOOL-AGE (6-13 years)



8-10 HRS.

TEENAGERS (14-17 years)



General guidelines as sleep may vary. Whenever there is some ongoing impairment in daytime functioning, lack of sufficient sleep should be considered as a possible cause.

Source: National Sleep Foundation

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1.877.CALL NJH
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