

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

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

njhealth.org
1.877.CALLNJH (1.877.225.5654)

© 2021 National Jewish Health

 **National Jewish Health**
for kids