

# Is Your Child Getting Enough Sleep?

14-17  
hours



**Newborn**  
0-3 months

12-16  
hours



**Infant**  
4-12 months

11-14  
hours



**Toddler**  
1-2 years

10-13  
hours



**Preschooler**  
3-5 years

9-12  
hours



**School-Aged**  
6-12 years

8-10  
hours



**Adolescent**  
13-18 years

## Warning Signs of Sleep Deprivation

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

25-40%

of kids will have  
a sleep problem  
at some point  
during their childhood.