How Much Sleep Does My Child Need?
The number of hours children need for sleep varies depending on their stage of development. The National Sleep Foundation recommends:

<table>
<thead>
<tr>
<th>Development Stage</th>
<th>Age Range</th>
<th>Sleep Needed (Hours)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Newborns</td>
<td>0 to 3 Months</td>
<td>10 to 18</td>
</tr>
<tr>
<td>Infants</td>
<td>3 to 12 months</td>
<td>14 to 15</td>
</tr>
<tr>
<td>Toddlers</td>
<td>1 to 3 years</td>
<td>12 to 14</td>
</tr>
<tr>
<td>Preschoolers</td>
<td>3 to 5 years</td>
<td>11 to 12</td>
</tr>
<tr>
<td>School-Aged</td>
<td>6 to 12 years</td>
<td>10 to 11</td>
</tr>
<tr>
<td>Adolescents</td>
<td>13 to 19 years</td>
<td>8.5 to 9.5</td>
</tr>
</tbody>
</table>

How Do I Know If My Child Is Getting Enough Sleep?
Key indicators that your child is not getting enough sleep:
- Difficulty waking after a full night’s sleep
- Falling asleep at school
- Frequent or regular naps for school-aged children
- Child regularly falls asleep quickly on short car rides (less than 10 minutes)
- Increased irritability and fatigue after a poor or short night of sleep

How Can I Help My Child Sleep Better?
- Make sleep a priority for the entire family!
- Have a consistent bedtime and wake time every day
  - Should not differ by more than one hour on the weekends
- Remove all technology from the bedrooms (TV, video games, iPad, laptop, etc.)
- Create a short, consistent bedtime routine that ends in your child’s sleep environment
- Turn off technology/electronics 30 minutes before bed
- Limit products that contain caffeine after lunch time (i.e. ice tea, soda)

Talk with your doctor if you have concerns about your child’s sleep. He or she may recommend that you visit a specialist. Lisa Meltzer, PhD, a pediatric Sleep Specialist at National Jewish Health, can work with you and your child, and your doctor.

To make an appointment, call 303.398.1260

Visit www.njhealth.org/ChildSleep