



## Sleep Guidelines for Kids

The American Academy of Pediatrics is now promoting guidelines from the American Academy of Sleep Medicine for the recommended amount of sleep kids should get each night.

- Infant 4-12 months – 12-16 hours of sleep every 24 hours (including naps).
- Children 1-2 years – 11-14 hours of sleep every 24 hours (including naps).
- Children 3-5 years – 10-13 hours of sleep every 24 hours (including naps).
- Children 6-12 years – 9-12 hours of sleep every 24 hours.
- Teen 13-17 years – 8-10 hours of sleep every 24 hours.

