

Sleep Needs in Children

Age of Child	Night time Sleep (hours)	Day time Sleep (hours)	Total Sleep (hours)
0-2 months	8-9	7-9 (3-5 naps)	17-20
2-6 months	9-10	4-5 (3-4 naps)	14-16
6-12 months	10-12	3-4 (2 naps)	14
12-24 months	11-12	2-3 (1-2 naps)	13-14
2-3 years	11-13	1-2 (1 nap)	12-14
3-5 years	11-13	0-1	11-13

Signs that your child may not be getting enough sleep:

- *Behavior- irritable, fussy, wound up, poor attention, needy*
- *Awakens in morning or from naps tired or cranky*
- *Falls asleep in car, stroller, highchair etc, when not naptime or bedtime*
- *Trouble falling asleep at bedtime and/or trouble with nighttime wakings*

Simple steps to take to improve sleep:

- *Make sleep a priority*
- *Create a regular schedule and stick with it as much as possible*

- *Establish a routine for bedtime and naptime. The child will become conditioned to this routine which will serve as a cue to the child that it is time to sleep.*
- *Put child to bed or down for naps at appropriate time for their age to sync with their circadian rhythms*
- *Teach children how to put themselves back to sleep if they awaken in the middle of the night or early from naps*
- *Be consistent on your expectations and how you handle disruptions, stalling tactics and developmental milestones*
- *Be consistent with sleep environment*

Questions? Concerns? Comments? Please contact me!