Encouraging good bedtime habits

How much sleep does your child need?

Recommended amount of sleep in a 24 hour period				
6 months	I I nours		3 hours 2-3 naps)	
9 -12 months	10-11 hours	30 mi	2 hours, 80 minutes 2 naps)	
2 years	11 hours, 30 minutes		1 hour, 30 minutes (1 nap)	
3 years	11 hours, 30 minutes		0 to 45 minutes (1 nap)	
5 years	11 hours			

Recommended amount of sleep during day

Recommended amount of sleep during night

By helping your child to get the recommended amount of sleep, you can improve their health and wellbeing.









Recommended amount of sleep



- Sleep is a developmental process, and our sleep needs change throughout our lifetime.
- Just as with adults, babies' and children's sleep patterns vary.
- There are four stages of the sleep cycle which differ in length between children and adults.
- Each child needs a different amount of sleep there is no magic number of hours. Too little sleep can have important health consequences.
- Generally, children do not sleep all night, every night, until they are about a year old; even after that, children may still wake up regularly at night or go through phases of night waking.
- Babies have lighter sleep and in the first few months are more awake in the night than during the day. They will often sleep for only 2-3 hours at a time, between feeds.

