

# Encouraging good bedtime habits



## How much sleep does your child need?

### Recommended amount of sleep in a 24 hour period

6 months	11 hours	3 hours (2-3 naps)
9 -12 months	10-11 hours	2 hours, 30 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.



