

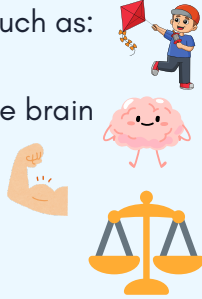


The Importance of Sleep

Sleep is key for maintaining the health of children and teens. Their bodies need sleep the same way they need food, water and oxygen.

When children and teens sleep, their bodies do much more than just rest. Their bodies are doing a number of essential tasks, such as:

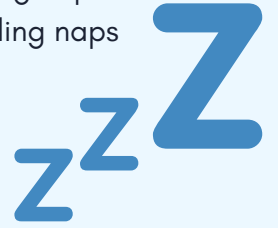
- Storage of memories
- Removal of toxins from the brain
- Growth of limbs
- Repair of muscles
- Balance of hormones



Sleep recommendations

The recommended amount of sleep (daily) by age:

- **4-12 months:** 12-16 hours including naps
- **1-2 years:** 11-14 hours including naps
- **3-5 years:** 10-13 hours including naps
- **6-12 years:** 9-12 hours
- **13-18 years:** 8-10 hours



Establishing healthy sleep habits

Because many children and teens are not getting enough sleep regularly, it's important to help them establish healthy sleep habits early in life.

Healthy sleep habits include:

- Keep a consistent bedtime & naptime
- Follow a bedtime routine, such as:
 - Turn off electronic devices 1 hour prior to bedtime
 - Provide a warm bath or shower
 - Read a book or sing a song together
 - Turn lights off



Infants 0-4 months are not given sleep recommendations due to the wide range of normal variation in duration and patterns of sleep.

Nearly 30% of children and 75% of teens do not get the recommended amount of sleep their bodies need. (National Sleep Foundation)



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