

Sleep Needs By Age

Is your child getting enough sleep? Although sleep needs vary from kid to kid, the National Sleep Foundation offers recommended guidelines for specific age groups. Use this guide to help determine if your little one is getting enough shut-eye.

Age	Total Sleep in 24 Hours	Naps	Sleep Problems and Solutions
Newborns (0-2 months)	12-18 Hours	Irregular sleep patterns throughout the day and night. Periods of one to three hours spent awake.	Towards month two, newborns begin to learn their circadian rhythm and begin to sleep for longer stretches at night.
Infants (3-11 Months)	14-15 Hours	Two to four naps per day, 30 minutes to two hours in length. A regular schedule of one morning nap and one afternoon nap is usually established by the age of 6 months.	Infants sleep best once a consistent daytime and nighttime schedule is established, which is usually between 4-6 months. This is the age that many parents try sleep training techniques.
Toddlers (1-3 Years)	12-14 Hours	One a day by 18 months. One to three hours in length.	Many toddlers experience sleep interruptions, often brought on by new developmental milestones, the ability to physically get out of bed, separation anxiety, and active imaginations that can cause nightmares. A consistent and enforceable routine is important to help keep them on schedule.
Preschoolers (3-5 Years)	11-13 Hours	Most drop daily nap by age 5.	As their imagination develops, many preschoolers experience nightmares and nighttime fears, such as fear of the dark. Sleepwalking and night terrors peak around this age. Additional interruptions can arise as children are trained to use the potty and stay dry at night. Keeping a consistent bedtime routine in a relaxing, dark, and quiet environment will help your preschooler sleep better.
Elementary-Aged (5-10 Years)	10-11 Hours	None	Increasing demands at school and extracurricular activities, as well as increased media consumption, can cause sleep problems at this age, so it's important to teach your child about good sleep habits. In addition, continuing a consistent bedtime schedule and keeping television and electronics out of the bedroom are good ways to make sure your child is getting enough sleep.
Teens (10-17 Years)	8.5-9.25 Hours	None	At this age, teens can be overscheduled, trying to manage their schoolwork, part-time jobs, after-school activities, and spending time with friends. Emphasizing good sleep habits, avoiding caffeine, and keeping television and electronics out of the bedroom will help ensure your teen is getting enough sleep.