

# Sleep Guidelines

RECOMMENDED BY THE AMERICAN ACADEMY OF PEDIATRICS



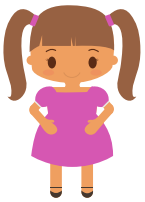
## Infants 4 -12 months

12-16 hours every 24 hours (including naps)



## Children 1 - 2 years

11-14 hours every 24 hours (including naps)



## Children 3 - 5 years

10-13 hours every 24 hours (including naps)



## Children 6 - 12 years

9-12 hours every 24 hours

## Teens 13 - 18 years

8- 10 hours every 24 hours

**Benefits of adequate sleep include better behavior, attention span, memory, ability to learn, and emotional regulation.**