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.