

# SLEEP HYGIENE TIPS FOR KIDS!

## Sleep requirements

by age:

Ages 4-12 months:

12-16 hours (including naps)

Ages 1-2 years: 11-14

hours (including naps)

Ages 3-5 years:

10-13 hours (including naps)

Age 6-12 years:

9-12 hours

Age 13-18

years: 8-10

hours



Keep digital devices out of the room to avoid distractions and blue light.

Power down Digital Devices at least one hour before bedtime. Two hours is ideal.

“Insufficient sleep also increases the risk of accidents, injuries, hypertension, obesity, diabetes and depression.”