



**GOOD NIGHT,
SLEEP TIGHT.
CHILD SLEEP NEEDS**

14-17

HRS.

NEWBORNS (0-3 months)



12-16

HRS.

INFANTS (4-12 months)



11-14

HRS.

TODDLERS (1-2 years)



10-13

HRS.

PRESCHOOLERS (3-5 years)



9-12

HRS.

SCHOOL-AGE (6-12 years)



8-10

HRS.

TEENAGERS (13-18 years)



General guidelines as sleep may vary. Whenever there is some ongoing impairment in daytime functioning, lack of sufficient sleep should be considered as a possible cause.
Source: American Academy of Sleep Medicine

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