



## **Health Advisory: Child Sleep Duration**

The nightly duration of healthy sleep needed by children varies by age and individual biology. In general the American Academy of Sleep Medicine recommends that children get the following amounts of sleep on a regular basis to promote optimal health, daytime alertness and school performance:

- Infants 4 months to 12 months should sleep 12 to 16 hours per 24 hours (including naps).
- Children 1 to 2 years of age should sleep 11 to 14 hours per 24 hours (including naps).
- Children 3 to 5 years of age should sleep 10 to 13 hours per 24 hours (including naps).
- Children 6 to 12 years of age should sleep 9 to 12 hours per 24 hours.

Sleeping the number of recommended hours on a regular basis is associated with better health outcomes including: improved attention, behavior, learning, memory, emotional regulation, quality of life, and mental and physical health.

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The American Academy of Sleep Medicine (AASM) is a professional membership society that improves sleep health and promotes high quality, patient-centered care through advocacy, education, strategic research, and practice standards ([aasm.org](http://aasm.org)).

A searchable directory of AASM-accredited member sleep centers is available at [sleepeducation.org](http://sleepeducation.org).