

Sleep Recommendations for Children

from AASM (2016) & NSF (2015)

| | Infant 0-2 mths | Infant 3 mths | Infant 6 mths | Infant 12 mths | Toddler 1-2 yrs | Pre- schoolers 2-3 yrs | Pre- schoolers 4-5 yrs | School Age 6-12 yrs | Adolescents |
|---|--------------------|------------------|------------------|-------------------|--------------------|------------------------------|------------------------------|---------------------------|---------------------|
| Recommended Sleep range over 24 hrs | 14-17 hrs (NSF) | 14-17 hrs (NSF) | 12-16 hrs | 12-16 hrs | 11-14 hrs | 11-14 hrs | 10-13 hrs | 9-12 hrs | 8-10 hrs |
| Average sleep time in 24 hrs | 14.6 hrs | 13.6 hrs | 12.9 hrs | 12.9 hrs | 12.6 hrs | 12 hrs | 11.5 hrs | 9.2 hrs | 8.6 hrs (averaging) |
| Range of naps in 24 hrs | | | 0.9-3.5 | 0.4-2.1 | 0.6-2.8 | 0-1 | 0-1 | | |
| Average # of naps in 24 hrs | | | 2 | 2 | 1 | 1 | | | |
| Average Nap length | | | 3.4 hrs | 2.4 hrs | 1.8 hrs | 1.6 hrs | 1.5 hrs | | |
| Average # of night wakes | 1.7 | 0.8 | 0.8 | 1.1 | 0.7 | | | | |
| Average longest self-regulated sleep period | 7 -7.4 hrs | 8.6 hrs | 9.7 hrs | 10.3 hrs | 11.2 hrs | 10.8 hrs | 10.3 hrs | | |