

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		