

The Importance of Sleep

Sleep is essential for a person's health and well-being

Why is sleep important?

- ❖ Sleep has a fundamental role in protecting, growing, and strengthening the brain.
- ❖ The human body uses sleeping hours to connect critical new circuitry in the developing brain.
- ❖ Research indicates that the brain's ability to control impulses, make long term decisions, and sort out complicated priorities gets worse with sleep deprivation.
- ❖ For teens, researchers now believe that sleep deficits can interfere with brain development and increase the chance that a teen will develop symptoms of attention deficit disorder and other cognitive problems, along with heightened risk for obesity, immune problems and depression.

Sleep Requirements

Ages Infants - 1

- Infants need to sleep 16-20 hours a day, divided equally between night and day
- At 3 months, a baby averages about 13 hours of sleep in a 24 hour period
- At 6-12 months, an infant naps 3 hours during the day and sleeps 9-11 hours at night

Ages 1-3

- Toddlers need about 12-14 hours of sleep
- Once the child is 18 months old, he/she should nap once a day for 1-3 hours
- Maintain a daily sleep schedule and consistent bedtime routine

Ages 3-5

- Preschoolers need 11-13 hours of sleep
- Child should sleep in the same sleeping environment every night as much as possible

Ages 5-12

- School-aged children need 10-11 hours of sleep
- Teach children about healthy sleep habits
- Continue to emphasize the need for a regular and consistent sleep schedule
- Keep TV and computers out of the bedroom
- Avoid caffeine

Ages 12-19

- Teenagers need at least 9.5 hours of sleep every night
- No pills, vitamins, or energy drinks can replace good sleep
- Avoid TV, computer, and cell phone use in the hour before bedtime
- Have out of bedroom docking station for cell phones


Families are Magic

[**FAM**RICHMOND.ORG]