

Sleepy Time...

Everyone Needs Their Rest...



But How Much Sleep?

1. Do you long for those quiet moments when your child is asleep and you have time for yourself?
2. Sleep is very important for children and how much and when they get it depends on the age of the child:
 - ⊕ **Newborns:** sleep anywhere from 10-22 hours a day
 - ⊕ **2-4 months old:** seldom sleep more than 4 hours at a time
 - ⊕ **4-6 months old:** will start to sleep through the night sometimes
 - ⊕ **6-9 months old:** sleep between 7-10 hours at a time
 - ⊕ **9- 12 months old:** need less sleep but continue to take 2-3 naps
 - ⊕ **12-15 months old:** 1-2 naps a day, may resist going to bed
 - ⊕ **15-18 months old:** 10 hours a night, 1 afternoon nap
 - ⊕ **2 years old:** fewer afternoon naps, may have nightmares
 - ⊕ **3 years old:** may rest but not sleep during afternoon
 - ⊕ **4 years old:** sleep time changes from 8-14 hours, dislikes bedtime
 - ⊕ **5 years old:** starts to get tired at dinner time because more active
3. The amount of sleep children need vary from week to week and depends on the individual child and how active the child has been during the day
4. Remember, medications may make your child sleepy and difficult to keep awake or they may make your child more active and restless - if you are concerned, talk with your health care provider



Alabama Department of Rehabilitation Services
Children's Rehabilitation Service