Is your child getting enough **SLEEP**?

**How much sleep does a child need?**

- **Infants and toddlers:** 13-14 hours (including naps)
- **Ages 3 to 5:** 12-13 hours (including naps)
- **Ages 6 to 12:** 9-10 hours (no naps)
- **Ages 13 to 18:** 8-10 hours (no naps)

**How does lack of sleep affect a child?**

- Sleep is just as important as food and water for a child to have the energy it takes to grow up strong and healthy.
- Sleep deprivation increases hormones that make us crave foods high in fat, sugar, and salt. Children who don’t get enough sleep are at greater risk for obesity.
- Kids who don’t get enough sleep have trouble paying attention, learning, and coping with stress.

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