

# 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.

