

# More Sleep = Healthy Kids



## How much Sleep does your Child need?

### 1 TO 2 YEAR OLDS

11 to 14 hours of sleep  
(with 1 - 2 naps)



### 3 TO 5 YEAR OLDS

10 to 13 hours of sleep  
(with 0 -1 naps)



### 6 - 12 YEAR OLDS



9 to 12 hours of sleep

## Benefits of Sleep?

### SLEEP INFLUENCES POSITIVE BEHAVIOUR!

Children who get enough sleep are more likely to have good attention spans, emotional control, and stable peer relationships.



### SLEEP HELPS OUR BRAINS!

Sleep allows brain cells to "take out the trash" each night, flushing out disease-causing toxins.



### SLEEP PROMOTES GROWTH!

Growth hormone is primarily secreted during deep sleep.



### SLEEP HELPS FIGHT GERMS!

During sleep, children (and adults) also produce proteins known as cytokines, which the body relies on to fight infection, illness, and stress.



### SLEEP ENCOURAGES HEALTHY EATING!

Tired kids eat differently than those who are well rested - children, like adults, crave higher-fat/higher-carb foods when they're tired.



## Recommended Bedtime by Wake-up Time



### WAKE UP TIMES



		6:00AM	6:15AM	6:30AM	6:45AM	7:00AM	7:15AM	7:30AM
AGE	3*	5:45PM	6:00PM	6:15PM	6:30PM	6:45PM	7:00PM	7:15PM
	4	6:15PM	6:30PM	6:45PM	7:00PM	7:15PM	7:30PM	7:45PM
	5	6:45PM	7:00PM	7:15PM	7:30PM	7:45PM	8:00PM	8:15PM
	6	7:00PM	7:15PM	7:30PM	7:45PM	8:00PM	8:15PM	8:30PM
	7	7:15PM	7:30PM	7:45PM	8:00PM	8:15PM	8:30PM	8:45PM

\*These timings assume there are no daytime naps. If there are naps, add the naptime onto the recommended bedtime. For example with a 90 min daytime nap, a 3 years old who is getting up at 6:00am can go to bed at 7:15pm instead of 5:45pm.

## Top Tips to Avoid Bedtime Battles:

Keep a regular daily routine



Consider using white noise



Stick to a simple bedtime routine



Tire kids out with physical activity and fresh air



Keep lights dim as bedtime approaches

