

# SLEEP NEEDS

Below is a chart to show how much sleep your child needs based on their age.

Highlighted in dark blue is what would be considered appropriate.

Highlighted in light blue is what may be appropriate.

As you can see there is a huge variation. Think about how your child appears during the day? Download the resource 'Signs of Sleep Deprivation' to give you a better idea of what sleep deprivation may look like.

19							
18							
17							
16							
15							
14							
13							
12							
11							
10							
9							
8							
7							
6							
1-5							
Hours of sleep	0-3 Months	4-11 Months	1-2 Years	3-5 Years	6-13 Years	14-17 Years	18-25 Years