Get 8-14 Hours of Sleep

Healthy sleep habits are important for your well–being.

Why is Sleep Important?

Sleep helps you:

- Stay focused and calm.
- Manage your emotions.
- Learn and achieve in school.
- Boost your immune system to fight germs.
- Stay physically and mentally strong.

Model Healthy Sleep Habits

Kids learn by watching. Are you staying up too late and waking up tired? What can you change to get better sleep?

How Much Sleep Do I Need?

Age	Hours of Sleep Per Night (+ day for young children)
4 -12 months	12 -16 hours (including naps)
1 -2 years	11 -14 hours (including naps)
3 -5 years	10 -13 hours (including naps)
6 -12 years	9 -12 hours
13 -18 years	8 -10 hours
18 - 60+ years	7+ hours

Healthy Sleep Habits

Consistency & Predictability

- Help children sleep better by setting regular bed and wake times for everyone to follow.
- Avoid screens one to two hours before bed, as they reduce melatonin, a hormone that regulates the sleep–wake cycle.
- Keep the bedroom dark and cool, between 60–67°F.
- Encourage daily activity and outdoor time to promote natural sleepiness.