

# Recommendations for sleep duration

Sleep is a vital component of a child's overall health and wellness. Sleeping the recommended number of hours on a regular basis is associated with improvements in

Attention, memory, and learning

Behavior and emotional regulation

Quality of life

Mental and physical health

Sleeping too much or too little may contribute to poor health outcomes in pediatric populations. Insufficient sleep is associated with attention, behavior, and learning problems. It also increases the risk of accidents and injuries, and is associated with increased risk factors for depression, hypertension, and diabetes. In teenagers, insufficient sleep is associated with an increased risk of self-harming behaviors. Additionally, too much sleep may be associated adverse health outcomes, including hypertension, diabetes, and mental health problems.

The following table contains the American Academy of Sleep Medicine's consensus recommendations for the amount of sleep needed to promote optimal health in children and adolescents.

Age Group	Recommended Hours of Sleep per 24-Hour Period (Including Naps)
Infants (4-12 months)	12-16 hours
1-2 years	11-14 hours
3-5 years	10-13 hours
6-12 years	9-12 hours
13-18 years	8-10 hours