



**How much sleep does my child need?** Your child's circadian rhythm "body clock" is a 24-hour cycle that tells your child's body when to sleep, it is influenced by your child's age. It is also stimulated by the day night cycle. Recommended amount of sleep a child needs over a 24-hour period (approx.).

- Infants under 1 year: 12-16 hours
- Children 1-2 years old: 11-14 hours
- Children **3-5 years** old: **10-13 hours**
- Children **6-12 years** old: **9-12 hours**
- Teenagers 13-18 years old: 8-10 hours



Getting the recommended amount of sleep (hours) as well as maintaining a regular schedule of sleep and wake times is important, especially during stressful periods.

When waking it is encouraged to expose yourself to natural light in the morning, as it triggers the circadian rhythm "body clock".

### Benefits of sleep for mental health

- Sleep is a very important part of your child's mental and physical health.
- Sleep is like food for your brain.
- Sleep lets your mind recharge and process information.
- The brain needs sleep to restore what it has used during the day.
- A rested brain can enjoy the day a lot more than a tired brain.
- Sleep can help you feel better, think more clearly, solve problems and concentrate better.

### Children who consistently get a good night's sleep:

- Are more creative
- Can concentrate on tasks for longer
- Have better problem-solving abilities
- Are better able to make positive decisions
- Are more able to learn and remember new things
- Have more energy during the day
- Can create and maintain good relations with others.



### Signs and symptoms of lack of sleep?

Not getting enough sleep each night can have negative consequences for your child. Over time, not getting enough quality sleep each night can produce a range of behavioural, cognitive (mental) and emotional symptoms.



- Irritability
- Increased stress
- Forgetfulness
- Difficulties with learning
- Low motivation



Over an extended amount of time it can contribute to anxiety and depression. When your child has a disrupted routine, return them to a healthy sleep schedule as soon as possible.

### Physical symptoms

- Finding it difficult to wake up in the morning/needs you to wake them again or repeatedly
- Yawning frequently during the day
- Complaining of feeling tired or wanting to nap during the day
- Falling asleep or seeming drowsy at school or at home during homework
- Wanting to consume unhealthy stimulants, such as caffeine or sugar, regularly



### Cognitive (mental) symptoms

- Lacking interest, motivation, and attention for everyday tasks
- Increased forgetfulness
- Difficulty learning new information

### Emotional symptoms



- Increased moodiness, irritability, and impulsivity
- Increased stress throughout the day
- (not getting enough sleep for many nights in a row) can result in your child feeling mentally exhausted.
- It can also worsen the symptoms of any existing behaviour, anxiety, depression, mood disorders.

### How can I get more sleep?

- Turn off devices at least 30 minutes before bed
- Enjoy some exercise during the day
- Have a regular bedtime and waking up time - and stick with it!
- Develop a calming bedtime routine (quiet & soothing activities)
- Try not to nap during the day. If you do, keep it under 20 minutes
- Create the right sleeping environment (dark, quiet, cool)
- Avoid stimulants before bed (sugar, coffee, coke, tea)
- Get any worries off your mind by writing them down before going to sleep

Sleep actually helps with learning and memory which makes it really important for retaining information for work and study.





# How much sleep does your child need?

## wake-up time:

Age	6:00am	6:15am	6:30am	6:45am	7:00am	7:15am	7:30am
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## Bed-time

3 *	6:30pm	6:45pm	7:00pm	7:15pm	7:30pm	7:45pm	8:00pm
4 *	7:00pm	7:15pm	7:30pm	7:45pm	8:00pm	8:15pm	8:30pm
5	6:45pm	7:00pm	7:15pm	7:30pm	7:45pm	8:00pm	8:15pm
6	7:00pm	7:00pm	7:15pm	7:30pm	7:45pm	8:00pm	8:30pm
7	7:15pm	7:30pm	7:45pm	8:00pm	8:15pm	8:30pm	8:45pm
8	7:30pm	7:45pm	8:00pm	8:15pm	8:30pm	8:45pm	9:00pm
9	7:45pm	8:00pm	8:15pm	8:30pm	8:45pm	9:00pm	9:15pm
10	8:00pm	8:15pm	8:30pm	8:45pm	9:00pm	9:15pm	9:30pm
11	8:15pm	8:30pm	8:45pm	9:00pm	9:15pm	9:30pm	9:45pm
12	8:30pm	8:45pm	9:00pm	9:15pm	9:30pm	9:45pm	10:00pm
13	8:45pm	9:00pm	9:15pm	9:30pm	9:45pm	10:pm	8:45pm

\* Plus a daytime nap of between 1 and 3 hours' duration

*While sleep is an individual thing and some children need more than others, giving your child a strong bedtime routine is important for their health, well-being and learning.*