

How much sleep do children need?

Sleep is very important to a child's wellbeing. There's no set amount of sleep that all children of a particular age need, but here's a guide to the approximate hours of sleep they should aim for.



These are hours of sleep based on age, as recommended by the Millpond Children's Sleep Clinic:

Age	Daytime sleep	Night time sleep	
1 week	8 hours	8 hours, 30 minutes	
4 weeks	6 to 7 hours	8 to 9 hours	
3 months	4 to 5 hours	10 to 11 hours	
6 months	3 hours	11 hours	
9 months	2 hours, 30 minutes	11 hours	
12 months	2 hours, 30 minutes	11 hours	
2 years	1 hour, 30 minutes	11 hours, 30 minutes	
3 years	0 to 45 minutes	11 hours, 30 minutes to 12 hours	
4 years		11 hours, 30 minutes	
5 years		11 hours	
6 years		10 hours, 45 minutes	
7 years		10 hours, 30 minutes	
8 years		10 hours, 15 minutes	
9 years		10 hours	
10 years		9 hours, 45 minutes	
11 years		9 hours, 30 minutes	
12 years		9 hours, 15 minutes	
13 years		9 hours, 15 minutes	
14 years		9 hours	
15 years		9 hours	
16 years		9 hours	

How lack of sleep can affect children



Evidence shows that night time sleep is just as important as healthy eating and exercise for children to develop. Those who don't get enough sleep are more likely to be overweight or obese. This is because they tend to crave and eat sugary or starchy food during the day to give them energy to stay awake.

The key to how much is enough sleep is whether a child gets up fairly easily in the morning, is alert and happy for most of the day, and is not grumpy.

Younger children who are persistently sleep-deprived seem irritable and overactive, seek constant stimulation and don't concentrate well. Such symptoms can be mistaken for mild ADHD (attention deficit hyperactivity disorder)