

0 - 5
YEARS

SLEEP FOR CHILDREN

Enough sleep helps children



Develop



Learn

keeping them:



Happy



Confident



Healthy

Each 24 hours children's sleep should be

0 - 1 YEAR

14 - 17 hours for 0-3 months

12 - 16 hours for 4-11 months
(including naps)

1 - 2 YEARS

11 - 14 hours (including naps)

3 - 5 YEARS

10 - 13 hours (can include naps)

Help children get better sleep



Put screens away well before bedtime



Set calming bedtime routines



Set a regular time that children go to bed



Set a regular time that children wake up



Ask your Child Health Nurse

healthy
Tasmania
A Tasmanian Government
and Community Partnership