

Everyone Needs Their Rest...



But How Much Sleep?

1. **Do you long for those quiet moments when your child is asleep and you have time for yourself?**
2. **Sleep is very important for children, and how much and when they get it depends on the age of the child:**
 - Newborns:** sleep anywhere from 10 - 22 hours a day
 - 2-4 months old:** seldom sleep more than 4 hours at a time
 - 4-6 months old:** will start to sleep through the night sometimes
 - 6-9 months old:** sleep between 7 - 10 hours at a time
 - 9- 12 months old:** need less sleep but continue to take 2 - 3 naps
 - 12-15 months old:** 1 - 2 naps a day, may resist going to bed
 - 15-18 months old:** 10 hours a night, 1 afternoon nap
 - 2 years old:** fewer afternoon naps, may have nightmares
 - 3 years old:** may rest but not sleep during afternoon
 - 4 years old:** sleep time changes from 8 - 14 hours, dislikes bedtime
 - 5 years old:** starts to get tired at dinner time because more active
3. **The amount of sleep children need vary from week to week and depends on the individual child and how active the child has been during the day.**
4. **Remember, medications may make your child sleepy and difficult to keep awake or they may make your child more active and restless.** If you are concerned, talk with your health care provider.

We're here to help. To learn more about UIC-Specialized Care for Children's programs and services, check out our website at:

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