

WHY HEALTHY SLEEP HABITS IN CHILDREN AND ADOLESCENTS MATTER

A Centre for Holistic Initiatives for Learning and Development (CHILD)
Evidence Insight recommends that children need sufficient and good quality sleep for optimal development. Here's why:

Good sleep habits at a young age are linked to:

Optimal brain function, especially in memory

Better mood and self-regulating of behaviours

Better metabolic health and growth



Not enough sleep, or poor quality sleep are associated with:

Difficulty with attention

Poorer school readiness

Increased risk of childhood obesity

Hyperactivity

Sleep Tight, My Little One

Daily Recommended Sleep Duration

| | |
|----------------------------------|----------------|
| Birth to 3 months old | 14 to 17 hours |
| 4 to 11 months old | 12 to 15 hours |
| 1 to 2 years old | 11 to 14 hours |
| 3 to 5 years old (preschool age) | 10 to 13 hours |
| 6 to 13 years old (school age) | 9 to 11 hours |
| 14 to 17 years old (adolescent) | 8 to 10 hours |

Learn more from [Captain Sleep](#) on how you can have your little one yawning in no time!



Discover more resources on sleep at Parent Hub!
go.gov.sg/info-ph-23

This information was adapted from Centre for Holistic Initiatives for Learning and Development (CHILD) (Nov, 2022). Healthy Sleep Habits in Children and Adolescents: Why Do They Matter and What Can We Do? <https://thechild.sg/resources-publications/>