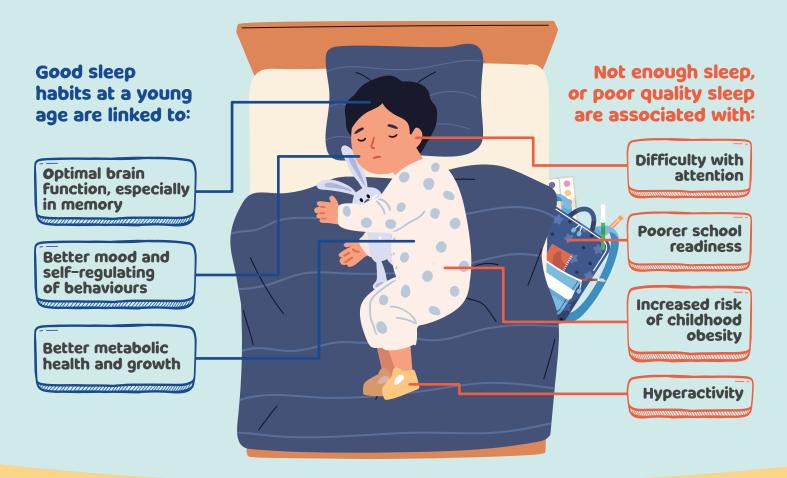




WHY HEALTHY SLEEP HABITS IN CHILDREN AND ADOLESCENTS MATTER

A Centre for Holistic Initiatives for Learning and Development (CHILD)

<u>Evidence Insight</u> recommends that children need sufficient and good quality sleep for optimal development. Here's why:



Sleep Tight, My Little One

Daily Recommended Sleep Duration

Birth to 3 months old

4 to 11 months old

12 to 15 hours

1 to 2 years old

3 to 5 years old (preschool age)

6 to 13 years old (school age)

14 to 17 years old (adolescent)



