



Why is Sleep Important?

Sleep is just as important as food, shelter and safety. It allows the brain to recharge and the body to regenerate. Healthy sleep allows people to function at optimal alertness.

Healthy sleep requires:

- Sufficient amount (time)
- Uninterrupted (quality)
- Natural sleep cycle (circadian rhythm)
- Age appropriate naps



Children need sleep to:

- Remember what they learn
- Pay attention and concentrate
- Solve problems and think of new ideas
- Grow muscle, bones and skin
- Repair damage and injuries
- Fight sickness



Different ages need different amount of sleep:

- Babies - 12-15 hours throughout the day and night
- Toddlers - 11-14 hours per day
- Young children - 10-13 hours per day
- Older children - 9-11 hours per day

If your child is having difficulty sleeping, a Psychologist or Occupational Therapist may be able to help.

