



How Much Sleep Do Babies and Kids Need?

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Sleep is of paramount importance to young children. Early in life, a person experiences **tremendous development**¹ that affects the brain, body, emotions, and behavior and sets the stage for their continued growth through childhood and adolescence.

In light of this, it's normal for parents to want to make sure that their children, whether babies or young kids, get the sleep that they need. After convening a panel of experts to review the existing research, the National Sleep Foundation (NSF) formulated **recommendations for total daily sleep needs by age**².

	Age Range	Recommended Hours of Sleep
Newborn	0-3 months old	14-17 hours
Infant	4-11 months old	12-15 hours
Toddler	1-2 years old	11-14 hours
Preschool	3-5 years old	10-13 hours
School-age	6-13 years old	9-11 hours

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Fact Checked



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