

# Is Your Child Getting Enough Sleep?

14-17 hours



**Newborn**  
0-3 months

12-15 hours



**Infant**  
4-11 months

11-14 hours



**Toddler**  
1-2 years

10-13 hours



**Preschooler**  
3-5 years

9-11 hours



**School-Aged**  
6-13 years

8-10 hours



**Adolescent**  
14-17 years

## Warning Sign

Children may display almost ADHD-like behavior when tired, a sign that they're sleep-deprived.

25-40%

of kids will have a sleep problem at some point during their childhood.



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