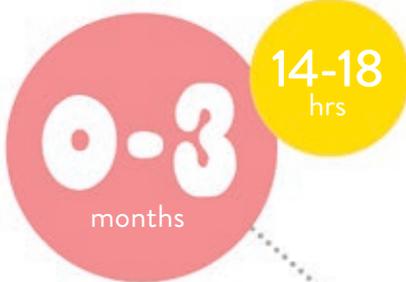




# So just how many hours of ZZZs do they need?



## Newborns



In the first month or so, newborns mostly sleep, but only in short stretches of two to four hours, and they don't follow much of a pattern. (The circadian rhythm hasn't kicked in yet.) Essentially, when they aren't feeding, they're sleeping.

## Toddlers



Toddlers 1 to 2 years old need one to two naps of at least an hour. Some may take one longer sleep; others might do better with two shorter naps. At this age, many kids like to have a transitional comfort object, like a bunny or blanket. Hint: Have more than one.

## Infants



By the time infants are about 4 months, a pattern should emerge of shorter naps during the day after feedings and a longer stretch of up to six hours at night (thank goodness!), as they now have a sense of the difference between day and night. Toward the end of their first year, babies should be taking two to three naps daily. Make sure whatever they're doing before sleep time doesn't overstimulate them, and that the room is quiet and dark.



### Teenagers

**14-18**  
years

**8-10**  
hrs

Teenagers need 8 to 10 hours of shut-eye and many aren't getting adequate rest. Screen time is a common culprit; consider requiring that devices be stored outside of the bedroom overnight.

### Preschoolers

**3-5**  
years

**11-14**  
hrs

Preschoolers ages 3 to 5 should still be sleeping about half the day. Around 4 years old, they'll want to stop napping. If they can go the whole day and seem to be happy and secure, let them stop. If they seem overtired at the end of the day, move their bedtime up an hour earlier as they're transitioning.

### Schoolkids

**6-13**  
years

**10-12**  
hrs

For kids 6 to 13, overstimulation can cause sleep problems. Make sure their schedules aren't too jam-packed.