

Sleep – How much is enough?

There is a big difference between the amount of sleep you can get by on and the amount you need to function at your best. While it may seem like losing sleep isn't such a big deal, sleep deprivation has a wide range of negative effects. Many of these mean our children are not ready to learn effectively. Lack of sleep can cause: fatigue and lack of motivation, moodiness and irritability, reduced creativity and problem-solving skills, inability to cope with stress, concentration and memory problems, difficulty making decisions and many health issues (frequent colds/infections, weight gain and an increased risk in developing diabetes and heart disease).

How Much Sleep Do You Really Need?

- Newborns (0 - 2 Month) 12 - 18 hours
- Infants (3 to 11 Months) 14 to 15 hours
- Toddlers (1 - 3 Years) 12 to 14 hours
- Preschoolers (3 - 5 Years) 11 to 13 hours
- School-Age Children (5 - 10 Year) 10 to 11 hours
- Teens (10 - 17) 8.5 - 9.25 hours
- Adults 7 - 9 hours