

Kids' sleep guidelines spell out shut-eye guidance by age

June 13 2016, by Lindsey Tanner



Credit: xiaphias/Wikipedia

Parental warning: Don't lose sleep over new guidelines on how much shut-eye your kids should be getting.

The recommendations range from up to 16 hours daily for babies to at least eight hours for teens. They come from a panel of experts and give parents fresh ammunition for when kids blame them for strict bedtimes.

The guidelines released Monday are the first-ever for children from the American Academy of Sleep Medicine. They encompass recommendations the American Academy of Pediatrics has made at different times for different ages.

According to the guidelines: Adequate [sleep](#) is linked with improved attention, behavior, learning, mental and physical health at every age covered. And insufficient sleep increases risks for obesity, diabetes, accidents, depression and in teens, self-harm including [suicide attempts](#).

The recommendations are based on a review of scientific evidence on sleep duration and health.

Recommended daily/nightly [sleep duration](#) is:

—12 hours to 16 hours including naps for infants aged 4 months to 12 months. Younger infants aren't included because they have a wide range of normal sleep patterns.

—11 to 14 hours including naps for children aged 1- to 2 years.

—10 to 13 hours including naps for children aged 3 to 5 years.

—9 to 12 hours for children aged 6 to 12 years.

—8 to 10 hours for teens aged 13 to 18 years.

More information: American Academy of Sleep Medicine:
www.aasmnet.org

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