

# Getting a good night's **SLEEP**

Limit screens in the bedroom

Avoid long weekend lie-ins

Allow them to wind down

Don't allow bingeing before bedtime

Encourage regular sleep times

Help your child talk about any problems

Cut out sugary drinks or drinks with caffeine

A sleep-friendly bedroom is Quiet, Dark, Tidy

Make sure the bed is comfortable

Try the Pzizz app

Encourage exercise



# Recommended **SLEEP** by age

	<b>DAYTIME</b>	<b>NIGHT-TIME</b>
1 week	8 hours	8 hours 30 mins
4 weeks	6 to 7 hours	8 to 9 hours
3 months	4 to 5 hours	10 to 11 hours
6 months	3 hours	11 hours
9 months	2 hours 30 mins	11 hours
12 months	2 hours 30 mins	11 hours
2 years	1 hour 30 mins	11 hours 30 mins
3 years	0 to 45 mins	11 hours 30 mins to 12 hours
4 years	-	11 hours 30 mins
5 years	-	11 hours
6 years	-	10 hours 45 mins
7 years	-	10 hours 30 mins
8 years	-	10 hours 15 mins
9 years	-	10 hours
10 years	-	9 hours 45 mins
11 years	-	9 hours 30 mins
12 years	-	9 hours 15 mins
13 years	-	9 hours 15 mins
14-16 years	-	9 hours