

Sleep Basics



What is sleep, why do we need it and how much do we need?

About

Sleep can be defined as a reversible state of reduced consciousness when the body is inactive. Sleep is a very complex process which affects all the systems of the body.



Sleep is as essential for life as food and water. When we sleep information we have learnt during the day is organised and stored in our memory and repairs to our body are carried out so sleep helps the body stay healthy and fight illness.

When we don't get enough sleep, it affects our ability to concentrate and regulate our emotions. So improving our sleep can improve our mental and physical health and wellbeing.

Children and young people will often need more sleep than adults. Though how much sleep we need does not always depend on our age, individual differences also play a part.

Did you know?!

We will spend about one-third of our lives asleep!



Top Tip Toolkit

Having a set time to go to bed and time to wake up in the morning can help maintain a good sleep routine.

Use the chart below to think about how many hours of sleep your child may need. Then think about the time they need to get up in a morning. Then you can work out what time they need to go to bed!

	Age range	Average sleep needs
Infants	4 - 12 months	12 -16 hours (including naps)
Toddlers	1 - 2 Years	11 - 14 hours (may include naps)
Children	3 - 5 years	10 - 13 hours (may include naps)
Children	6 - 12 years	9 - 12 hours per night
Teens	13 - 18 years	8 - 10 hours per night

Sleep needs - www.sleepfoundation.org

This information aims to broaden understanding of factors impacting on sleep, offering general tips as a framework for families. It is not intended as a substitute for medical advice or parental preference or responsibility.
www.sleepandtherapyservices.co.uk