

The Importance of Sleep



Hours of sleep recommended per day
(including naps) on a regular basis:

infants 4 to 12 months: 12-16 hours

children 1 to 2 years: 11-14 hours

children 3 to 5 years: 10-13 hours

Sleep plays a part in:

- physical and mental health
- cell repair
- brain development
- attention span and ability to focus
- behavior
- learning ability