

# Sleep Hygiene Tips for Infants & Young Children

## Age 0-4 Years

Infants and toddlers require a significant amount of sleep for their growth and development. The American Academy of Pediatrics recommends the following amount of sleep (including naps) over a 24 hour period:

- 12-16 hours of sleep for infants 4-12 months
- 11-14 hours of sleep for 1-2 year olds
- 10-13 hours of sleep for 3-5 year olds

Babies and toddlers have a unique set of needs and safety considerations around sleep. Always consult with your pediatrician if you have questions or concerns regarding your child's sleep.

Check out the **Pediatric Sleep Council** ([www.babysleep.com](http://www.babysleep.com)) which has an extensive library of sleep recommendations broken down into each month of a baby/toddler's development.

### Key Things to Consider:

- **It's never too early (or too late) to create good sleep routines** - so try to maintain a regular schedule around sleep and wake times as best you can, and just start back up again if routines get disrupted.
- **Create a bedtime routine with predictable, calming activities** - such as singing a song, reading a relaxing book, or giving your child a bath.
- **Make sure that the sleeping environment is safe, quiet, and comfortable.**
- **Help your child associate the crib or bed with only sleep**, and avoid using that space for any feeding or play time.
- **Make sure that your child gets outside each day, and has enough activity** during the day to help them feel tired at nighttime.

*Adapted From: Advice by age. Baby Sleep Advice for Parents & Kids. (2016, October 25). Retrieved September 27, 2022, from <https://www.babysleep.com/advice/by-child-age/>*