



The Importance of Sleep in Children

Getting a restful night's sleep is one of the foundational blocks for a healthy lifestyle and a critical component in the growth and development of children. Sleep affects day-to-day functions and not getting enough can hinder a child's optimal alertness. Children ages 5 to 12 need approximately 10 to 11 hours of sleep each night to perform and function to their full potential.

Children need sleep so that they can:

- Pay better attention and concentrate in school.
- Fight sickness and stay healthy.
- Maintain a good mood/behavior.
- Remember things they have learned.
- Develop and grow properly.

Source: National Sleep Foundation