

From the Health Clinic



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Getting your child/children to bed early has more benefits than just a few hours of quiet time at night. New research explains how vitamin ZZZ may help children fight obesity, avoid colds, and succeed in school.

7 Benefits of Proper Sleep for Children

1. **Sleep promotes growth.**
2. **Sleep helps the heart.**
3. **Sleep affects weight.**
4. **Sleep helps beat germs.**
5. **Sleep reduces injury risk.**

6. **Sleep increases kids' attention span.**

7. **Sleep boosts learning.**

3-6 Years Old: 10 - 12 hours per day

Children at this age typically go to bed between 7 p.m. and 9 p.m. and wake up around 6 a.m. and 8 a.m., just as they did when they were younger. At age 3, most children are still napping, while at age 5, most are not. Naps gradually become shorter, as well. New sleep problems do not usually develop after age 3.

7-12 Years Old: 10 - 11 hours per day

At these ages, with social, school, and family activities, bedtimes gradually become later and later, with most 12-years-olds going to bed at about 9 p.m. There is still a wide range of bedtimes, from 7:30 to 10 p.m., as well as total sleep times, from 9 to 12 hours, although the average is only about 9 hours.

12-18 Years Old: 8 - 9 hours per day

Sleep needs remain just as vital to health and well-being for teenagers as when they were younger. It turns out that many teenagers actually may need more sleep than in previous years. However, for many teenagers social pressures conspire against getting the proper amount and quality of sleep.

