

## How much sleep do kids need?

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Sleep is very important to a child's wellbeing. There's no set amount of sleep that all children of a particular age need, but here's a guide to the approximate hours of sleep they should aim for.

These are hours of sleep based on age, as recommended by the Millpond Children's Sleep Clinic:

### 1 week

- daytime: 8 hours
- night time: 8 hours, 30 minutes

### 4 weeks

- daytime: 6 to 7 hours
- night time: 8 to 9 hours

### 3 months

- daytime: 4 to 5 hours
- night time: 10 to 11 hours

### 6 months

- daytime: 3 hours
- night time: 11 hours

### 9 months

- daytime: 2 hours, 30 minutes
- night time: 11 hours

### 12 months

- daytime: 2 hours, 30 minutes
- night time: 11 hours

### 2 years

- daytime: 1 hour, 30 minutes
- night time: 11 hours, 30 minutes

### 3 years

- daytime: 0 to 45 minutes
- night time: 11 hours, 30 minutes to 12 hours

#### Useful links

##### NHS Choices links

[Why are teens always tired?](#)

[Healthy sleep tips for children](#)

[Sleep tips for teenagers](#)

[Get healthy as a family](#)

##### External links

[Royal College of Psychiatrists: childhood sleep problems](#)

[Bedtime routines and sleep problems in young children \(PDF, 162kb\)](#)

[Young Minds: sleep problems](#)

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### 4 years

- night time: 11 hours, 30 minutes

### 5 years

- night time: 11 hours

### 6 years

- night time: 10 hours, 45 minutes

### 7 years

- night time: 10 hours, 30 minutes

### 8 years

- night time: 10 hours, 15 minutes

### 9 years

- night time: 10 hours

### 10 years

- night time: 9 hours, 45 minutes

### 11 years

- night time: 9 hours, 30 minutes

### 12 years

- night time: 9 hours, 15 minutes

### 13 years

- night time: 9 hours, 15 minutes

### 14 years

- night time: 9 hours

### 15 years

- night time: 9 hours

### 16 years

- night time: 9 hours

### How lack of sleep can affect children

Evidence shows that night time sleep is just as important as healthy eating and exercise for children to develop. Those who don't get enough sleep are more likely to be overweight or obese. This is because they tend to crave and eat sugary or starchy food during the day to give them energy to stay awake.

The key to how much is enough sleep is whether a child gets up fairly easily in the morning, is alert and happy for most of the day, and is not grumpy.

Younger children who are persistently sleep-deprived seem irritable and overactive, seek constant stimulation and don't concentrate well. Such symptoms can be mistaken for mild ADHD (attention deficit hyperactivity disorder).