



American Academy of Sleep Medicine Sleep Guidelines

The American Academy of Sleep Medicine (AASM) has established recommended sleep guidelines for children from infancy to adolescence to promote optimal health. The American Academy of Pediatrics (AAP) supports these Guidelines.

Age	Recommendations
 Infants 4 months to 12 months	12 to 16 hours per 24 hours (Including naps)
 Children 1 to 2 years of age	11 to 14 hours per 24 hours (including naps)
 Children 3 to 5 years of age	10 to 13 hours per 24 hours (including naps)
 Children 6 to 12 years of age	9 to 12 hours per 24 hours
 Teenagers 13 to 18 years of age	8 to 10 hours per 24 hours

Source: <https://publications.aap.org/aapnews/news/6630>

Additional resources, skills, and strategies for parents are available at no cost through the online Thrive Initiative programming.

Visit the Thrive website <https://thrive.psu.edu>, and sign up today!