

CHILDREN'S SLEEP HABITS



TODDLERS AND PRESCHOOL CHILDREN (2 - 5 YEARS OLD)

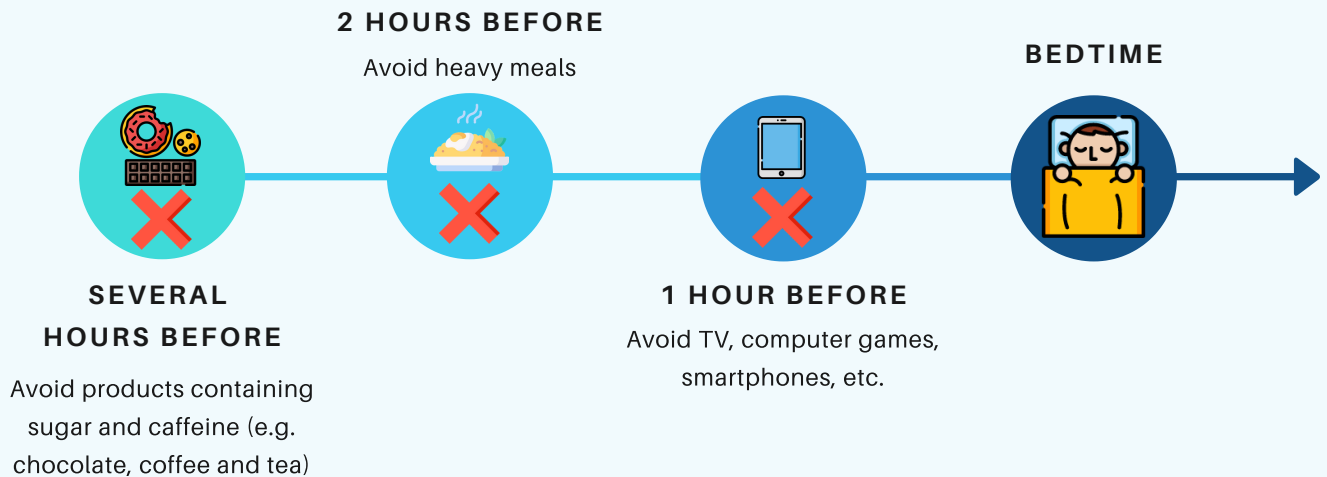
11 - 12 hours
 Sleep 9 - 10 hours at night
 Go to bed at around 8pm - 9pm

SCHOOL AGE CHILDREN (6 - 12 YEARS OLD)

10 - 11 hours

TIPS FOR TODDLERS AND PRESCHOOLERS (2 - 5 YEARS OLD)

- Have a fixed bedtime and wake up time every day
- A light snack may help your child to sleep (e.g. milk, banana)
- Inform your child 10 minutes before bedtime – afterwards, bring him to pass urine and brush teeth



CONSULT DOCTOR IF YOUR CHILD HAS:

- Problems falling asleep
- Excessive sleepiness during the day
- Snoring or difficulty breathing at night
- Frequent night-waking
- Night terrors or sleepwalking

