

SLEEP CHART FOR KIDS

AGE	Recommended	May be appropriate	Not recommended
New borns 0-3 months	14-17 hours	11-13 hours 18-19 hours	Less than 11 hours More than 19 hours
Infants 4-11 months	12-15 hours	10-11 hours 16-18 hours	Less than 10 hours More than 18 hours
Toddlers 1-2 years	11-14 hours	9-10 hours 15-16 hours	Less than 9 hours More than 16 hours
Preschoolers 3-5 years	10-13 hours	8-9 hours 12 hours	Less than 8 hours More than 14 hours
School-Aged 6-13 years	9-11 hours	7-8 hours 12 hours	Less than 7 hours More than 12 hours
Teenagers 14-17 years	8-10 hours	7 hours 11 hours	Less than 7 hours More than 11 hours
Young Adults 18-25 years	7-9 hours	6 hours 10-11 hours	Less than 6 hours More than 11 hours



SLEEP CHART FOR KIDS

_____ 's sleep manners

	MON	TUE	WED	THU	FRI	SAT	SUN
Put on pajamas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Brush teeth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get into bed & read books	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Settle yourself to sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stay in bed if you wake up during night	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wake up when your clock turns yellow	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

