



Calm Kids
SLEEP CONSULTING
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Sleep Needs by Age

A gentle guide from toddlers to teenagers 🌙

A calm overview of how sleep needs change as children grow, with realistic ranges and gentle reminders for real life.

Before We Start ❤️

Sleep needs change with age, but every child is unique.
The numbers below are **guidelines**, not rules.

If your child falls slightly outside a range but is generally happy, growing well, and coping with the day, that's often okay 🍀

Ages 1 to 2 Years

Toddlers 🌱

Total sleep in 24 hours:

🛏️ 11 to 14 hours

Naps:

😴 1 to 2 naps per day

Night sleep:

🌙 Around 10 to 12 hours

At this age, many toddlers transition from two naps to one. Sleep can feel inconsistent during this phase, especially with big developmental leaps.



Ages 3 to 4 Years

Preschoolers 🧸

Total sleep in 24 hours:

🌙 10 to 13 hours

Naps:

😴 Usually 1 nap or quiet rest time

Night sleep:

🌙 Around 10 to 12 hours

Some children still benefit from naps, while others do better with earlier bedtimes. Resistance at bedtime is common as independence grows.

Ages 5 to 6 Years

Early School Age 📖

Total sleep in 24 hours:

🌙 9 to 12 hours

Naps:

😴 Typically none

Night sleep:

🌙 Around 9 to 11 hours

At this stage, routines and consistency play a big role. Even without naps, children still need calm wind-down time in the evening.



Ages 7 to 9 Years

School Age 🌟

Total sleep in 24 hours:

🕒 9 to 11 hours

Night sleep:

🌙 9 to 11 hours

Busy days, school demands, and extracurricular activities can quietly reduce sleep. Early bedtimes are still very important at this age.

Ages 10 to 12 Years

Preteens 🌿

Total sleep in 24 hours:

🕒 9 to 10 hours

Night sleep:

🌙 9 to 10 hours

Sleep needs remain high, even though children may start pushing back on bedtime. Emotional regulation and focus are closely tied to sleep during these years.

Ages 13 to 18 Years

Teenagers 🧠

Total sleep in 24 hours:

🕒 8 to 10 hours





Teenagers experience a natural shift in their circadian rhythm, making it harder to fall asleep early. Screens, school schedules, and social demands often reduce sleep more than their bodies need.

Gentle structure and understanding go a long way here.

A Gentle Reminder

Sleep is not just about numbers.
It's about how your child feels during the day.

Signs your child may need more sleep can include:

-  Difficulty waking up
-  Big emotions or meltdowns
-  Trouble focusing
-  Frequent night wakings or bedtime struggles

Support looks different at every age and stage.