



*the*  
**Chickasaw  
Nation**  
Department of Health

## SLEEP GUIDE

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CLINICAL SERVICES FOR PEDIATRIC WELLNESS:  
**SLEEP**



## DOES YOUR CHILD GET ENOUGH SLEEP?

Age Group	Age Range	Recommended Amount of Sleep Per Day*
Newborn	0-3 months	14-17 hours
Infant	4-12 months	12-16 hours (including naps)
Toddler	1-2 years	11-14 hours (including naps)
Preschool	3-5 years	10-13 hours (including naps)
School-aged	6-12 years	9-12 hours
Teen	13-18 years	8-10 hours

*\*The Academy of Sleep Medicine and the American Academy of Pediatrics*

## TIPS FOR GOOD SLEEP

- Keep the bedroom quiet and a comfortable temperature
- Have a bedtime routine
- Remove electronic devices from the bedroom
- Turn the lights and TV off at night
- Avoid large meals and caffeine before bedtime
- Be active during the day
- Set consistent bed and wake up times
  - For school-aged children and adolescents, avoid napping during the day

## SIGNS YOUR CHILD IS NOT GETTING ENOUGH SLEEP

- Falls asleep during the day
- Hyperactive (especially younger children)
- Difficulty paying attention
- Struggles with schoolwork
- Cranky, irritable or moody
- Behavior problems

*\*It can be difficult for a child to fall asleep when they are overtired, so it is important to recognize their cues. These cues may include eye rubbing, staring blankly, feeling hungry, trouble focusing and feeling cranky, irritable and/or sad. Recognizing these signs can provide helpful hints when a child needs to go to sleep.*

**Talk to your child's health care provider about their sleep if you have questions or concerns.**

## SLEEP BENEFITS

- Improves problems with attention and behavior
- Improves cognition
- Improves mental health
- Weight management
- Prevents Type 2 diabetes
- Less illness

## SLEEP STATISTICS

**3:5** three in five middle schoolers do not get enough sleep

**70%** of high schoolers do not get enough sleep

**60.3%** of First American high school students get less than eight hours of sleep