

# Bedtime!

HOW MUCH SLEEP SHOULD YOUR CHILD BE GETTING?

NEWBORN

1-12 MONTHS

3-6 YEARS

7-12 YEARS

12-18 YEARS

15 TO 18  
HOURS

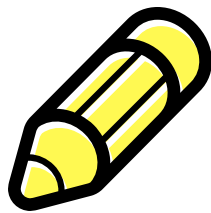
12 TO 14  
HOURS

10 TO 12  
HOURS

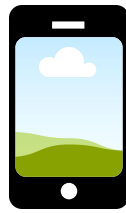
10 TO 11  
HOURS

8 TO 9  
HOURS

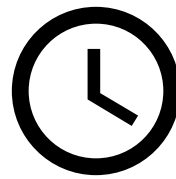
WHAT'S  
BEHIND  
LACK OF  
SLEEP?



HOMEWORK



TV/PHONE/  
COMPUTER



UNENFORCED  
BEDTIMES



BUSY  
SCHEDULES



SLEEP  
DISORDERS

Keep  
electronics  
**OUT**  
of bedrooms

90%  
OF TEENAGERS

Report sleeping less  
than the recommended  
hours

LACK OF SLEEP CAN LEAD TO

cranky kids      weakened immune system  
weight gain      slow response time  
inability to concentrate      lack of growth

"A loss of one hour of sleep is equivalent to [the loss of] two years of cognitive maturation and development" -Dr. Avi Sadeh



**EDGE**  
ENGAGE. DISCOVER. GROW. EMBARK