

# Is My Child Getting Enough Sleep?



- ★ Do they wake easily?
- ★ Do they have stable energy through the day?
- ★ Can they regulate their emotions most of the time?
- ★ Do they fall asleep within 10-20 minutes?

**If not, your child may not be getting enough sleep!**

**Try moving their bedtime 20-30 minutes earlier!**

## AAP Sleep Recommendations:

Age 2-3	11-14 Hours
Age 3-5	10-13 Hours
Age 6-7	9-12 Hours