Getting a good night’s sleep every night is vital to heart health. Too little sleep (less than 5 hours per night) in children and adolescents is associated with higher blood pressure and obesity.¹

**HOW MUCH SLEEP DOES A CHILD OR TEEN NEED PER NIGHT?**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Hours Needed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infants 4 to 12 months</td>
<td>12–16 hours</td>
</tr>
<tr>
<td>1 to 2 year-olds</td>
<td>11–14 hours</td>
</tr>
<tr>
<td>3 to 5 year-olds</td>
<td>10–13 hours</td>
</tr>
<tr>
<td>6 to 12 year-olds</td>
<td>9–12 hours</td>
</tr>
<tr>
<td>13 to 18 year-olds</td>
<td>8–10 hours</td>
</tr>
</tbody>
</table>

**BENEFITS OF SLEEP**

- **HEALING** and repair of cells, tissues, and blood vessels
- **STRONGER IMPROVED** immune system
- **IMPROVED** mood and energy
- **BETTER BRAIN FUNCTION** including alertness, decision-making, focus, learning, memory, reasoning, and problem-solving
- **LESS RISK** of health problems

**TIPS FOR SUCCESS**

**CLEAN UP YOUR SLEEP HYGIENE**

**MOVE IT**  
Remove devices from your child’s or teen’s bedroom at night.

**DIM IT**  
Dim your screen or use a red filter app at night. The bright blue light of most devices can mess with your circadian rhythm and melatonin production.

**SET IT**  
Choose a time when your child or teen must stop use of all electronics. Alarms aren’t just for waking up; set a bedtime alarm to remind them when to stop using all electronics.

**BLOCK IT**  
Tell notifications to buzz off if they’re waking you up at night. Put your phone on “do not disturb” mode to block it all out when you’re trying to sleep. Best yet, set it on airplane mode or turn off the device completely.

Learn more at heart.org/lifes8
