

Fun Facts about Young Children's Sleep Time



Dear Parents,

Adequate and good quality sleep is vital to young children's growth and development, cognitive development and emotional regulation. The total amount of sleep (including daytime naps) that young children need each day varies with his or her age. Higher adiposity, poorer emotional regulation and impaired growth may be related to inadequate sleep time.

Regular sleep and wakeup times ensure young children can obtain adequate and good quality sleep. In addition, excessive screen time will take up the time originally for physical activity and sleep. Therefore, it is also important to limit screen time.

★ Recommended hours of sleep : ★

Young children aged 3 to 6

Have 10 to 13 hours of good quality sleep (including daytime naps)

Young children aged 2

Have 11 to 14 hours of good quality sleep (including daytime naps)

★ Tips for young children's sleep : ★

- Have regular sleep and wakeup times.
- Keep the sleeping area quiet, dim and comfortable.
- Turn off the computer before bedtime and keep other electronic screen products out of reach.
- Engage in relaxing activities around an hour before bedtime, such as taking a bath and reading a book; avoid engaging in stressful and stimulating activities, such as playing video games and doing vigorous exercises.



Best regards,
Sporty Bunny



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Campaign website



A Letter to Parents



"StartSmart Parent Guide"

Quiz



Young children aged 2 should have ___ to ___ hours of good quality sleep (including daytime naps).

Young children aged 3 to 6 should have ___ to ___ hours of good quality sleep (including daytime naps).

Dear children, can you write down the recommended hours of sleep in the space provided?



Answers:

Young children aged 3 to 6 should have 10 to 13 hours of good quality sleep (including daytime naps).

Young children aged 2 should have 11 to 14 hours of good quality sleep (including daytime naps).