

Sleep and its Benefits



Sleep is essential for children's growth, brain development, emotional well-being, learning, and overall health. During deep sleep, the body releases growth hormones that aid in tissue development and muscle repair. Adequate sleep also strengthens the immune system, helping children resist infections and recover more quickly from illnesses.

Cognitive Development and Learning Sleep is crucial for brain development and cognitive function. Toddlers and preschoolers benefit from naps, which support memory, executive attention, and motor skill development. It is also common for children to suffer sleep regression whilst learning or developing new skills, as their brains are developing and remembering the new skills.

Emotional and Behavioural Children who consistently get enough sleep tend to have better mood regulation, emotional resilience, and social interactions. Lack of sleep can cause irritability, hyperactivity, aggression, and difficulty managing emotions. It may also resemble behavioural disorders such as ADHD, making healthy sleep important for accurate assessment and positive behaviour.

Sleep needs vary by age:

Newborns (0–3 months): 14–17 hours per day

Infants (4–11 months): 12–15 hours per day

Toddlers (1–2 years): 11–14 hours per day

Preschoolers (3–5 years): 10–13 hours per day

School-age children (6–12 years): 9–12 hours per night

Teenagers (13–18 years): 8–10 hours per night

To ensure children get quality sleep: Create a consistent bedtime routine and sleep schedule, including weekends. Keep bedrooms dark, cool, and quiet, and remove electronic devices. Encourage relaxing pre-sleep activities such as reading or quiet play. Avoid stimulating activities or heavy meals close to bedtime.

Sleep is vital for children's growth and brain development.