

## Mayo Clinic Minute

### How Much Sleep Do Kids Need?

<b>Video</b>	<b>Audio</b>
<b>Vivien Williams</b>	This mom has it right. Bedtime reading is part of a routine to help her kids get a good night's sleep.
<b>Alva Roche Green, M.D.</b> <b>Family medicine</b> <b>Mayo Clinic</b>	"We know that children who don't get enough sleep don't grow and develop as they should. They can have developmental delays in growth and mental capability."
<b>Vivien Williams</b>	So, how much sleep do kids need? Mayo Clinic family medicine Dr. Alva Roche Green says the American Academy of Pediatrics has endorsed the American Academy of Sleep Medicine's new recommendations, which are as follows: kids 4 to 12 months need 12 to 18 hours; 1 to 2 years, 11 to 14 hours; 3 to 5 years, 10 to 13 hours; 6 to 12 years, nine to 12 hours and teens ages 13 to 18 years, eight to 10 hours. For the little ones, naptime is included in those totals.
<b>Vivien Williams</b>	Now, how do you get your kids to have what they call good sleep hygiene? For one thing ...
<b>Alva Roche Green, M.D.</b>	"We recommend you cut off all media devices at least 30 to 60 minutes prior to going to sleep."
<b>Vivien Williams</b>	And, like this mom, establish a bedtime routine. For the Mayo Clinic News Network, I'm Vivien Williams.