

Children Need Sleep to Learn and Grow

Sleep guidelines:

Aim for uninterrupted sleep with consistent bed and wake-up times, even on weekends.

Age in years	Hours
3 to 4	10 to 13
5 to 13	9 to 11
14 to 17	8 to 10

Visit www.csep.ca to learn more about Canada's 24-hour movement guidelines – An integration of physical activity, sedentary behaviour and sleep.

