



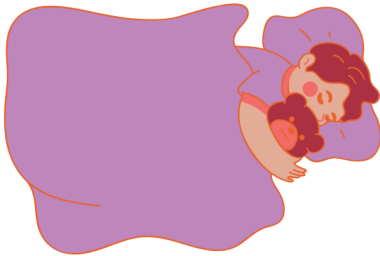
# SLEEP FOR PRESCHOOLERS



## HOW MUCH SLEEP DOES MY PRESCHOOLER NEED?

Preschoolers need 10 to 13 hours of sleep each day, including naps.

If your child does not take naps during the day schedule a quiet time during the day.



## HOW DO I KNOW IF MY PRESCHOOLER NEEDS A NAP?

If they sleep less than 10 hours at night

When they rub their eyes and look tired

When they seem moody, fussy, or whiny

When they become more active than usual

## WHAT CAN I DO TO HELP MY CHILD SLEEP?

Have a regular bedtime routine.

Turn off all screens one hour before bedtime.

Keep screen devices outside of the preschooler's room.

Make the bedroom calm and dark.

Have a night light if your child is afraid of the dark.

Let your child have a special stuffed animal or blanket to sleep with.

Help your child learn to fall asleep on their own or to be able to go to sleep alone in their own bed.

Make sure your child gets plenty of exercise during the day.

Preschoolers may also have night terrors or nightmares. It's common that preschoolers will not want to go to bed. If they are upset or afraid, offer comfort. After comforting and returning your child to bed, tell them that it is time to go to sleep.

If your child starts crying when you leave, give them a few minutes before going back into their room to comfort them.

If you have any questions or concerns about your child's sleep, check with your doctor.

Reach FIPP at (828) 608-6700 or visit us at [www.FIPP.org](http://www.FIPP.org)



Family, Infant and Preschool Program  
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