



# Sleep For Toddlers

How much sleep does my toddler need?

- Most children ages 1-2 need 11-14 hours of sleep with two naps a day.
- By 18 months of age, the naps change to one afternoon nap.

Why does my toddler wake up at night?

- Sometimes mild discomfort such as teething can cause toddlers to wake up.
- Mild separation anxiety as well as dreams and nightmares can also cause toddlers to wake up.

What can I do to help my toddler sleep?

- Have a bedtime routine that you follow every night.
- Limit screen time. Finish screen time at least 1 hour before bed.
- Keep screen devices outside of the toddler's room.
- Dress your toddler in warm clothes during the colder months.
- If your toddler wakes up during the night, keep your visit short and quiet. Offer reassurance that you are nearby.
- If you have any questions or concerns about your child's sleep, check with your doctor.