

How much sleep does my child need?

Sleep plays a big part in how children learn, concentrate and manage their emotions. Here's a quick guide to what's typical, and what can help.

Recommended sleep by age:

Age	Hours per night
6–13 years	9–12 hours
13–18 years	8–10 hours

Signs your child may not be getting enough sleep:

- Difficulty getting up in the morning
- Irritability, mood swings or tearfulness
- Hyperactivity or struggling to settle
- Trouble concentrating, or feedback from school about tiredness

Every child is different, and these are averages. It's also worth remembering that time in bed isn't the same as time asleep.

What about teenagers?

During puberty, the body clock shifts, so many teenagers naturally feel sleepy later, often closer to 11pm or midnight. This is normal, but it can clash with early starts. Keeping weekend wake-up times within about two hours of school days can help.

Building a good bedtime routine

- Keep bedtime and wake-up times consistent where you can
- Allow around 30 minutes of calm wind-down time, such as a bath, reading or quiet music
- Keep devices out of the bedroom overnight, ideally in a shared family space
- Avoid caffeinated drinks in the afternoon and evening
- Encourage daytime activity and time outdoors

When to speak to your GP

Talk to your GP if your child:

- Regularly struggles to fall asleep or stay asleep.
- Seems very sleepy during the day, even with enough time in bed.
- Snores loudly most nights, especially with pauses in breathing, gasping or restless sleep