



The Importance of Sleep



01709 336898

www.rawmarshchildrenscentre.co.uk

Rawmarsh Children's Centre
Barber's Crescent
Rawmarsh, Rotherham, S62 6AD

Children and sleep

The importance of sleep to a child's physical and emotional health and wellbeing can not be underestimated.

A child who has insufficient sleep may be misdiagnosed with behaviour problems or learning difficulties.



Lack of sleep

- Can lead to a child becoming hyperactive, inactive, unwilling to listen and learn, or to have extremes in behaviour or distress.
- May lead to poor concentration, clumsiness and accidents.

Our sleep policy ensures that the wellbeing and needs of each child are being met. This is fundamental to the culture of the setting.



How much sleep is enough? (NHS)

- Birth to three months: most newborn babies are asleep more than they are awake. Their total daily sleep varies, but can be from eight hours, up to 16-18 hours. Babies will wake during the night because they need to be fed. Being too hot or too cold can also disturb their sleep.
 - Three to six months: as your baby grows, he or she will need fewer night feeds and be able to sleep for longer. Some babies will sleep for eight hours or longer at night. By four months, they could be spending around twice as long sleeping at night as they do during the day.
 - Six to 12 months: at this age, night feeds should no longer be necessary, and some babies will sleep for up to 12 hours at night. Teething discomfort or hunger may wake some babies during the night.
 - 12 months: babies will sleep for around 12-15 hours in total.
 - Two years: most two-year-olds will sleep for 11-12 hours at night, with one or two naps in the daytime.
 - Three to four years: most will need about 12 hours sleep, but this can range from 8 hours up to 14. Some young children will still need a nap during the day.
- 



Rawmarsh Children's Centre
Barber's Crescent
Rawmarsh
Rotherham
S62 6AD

Telephone: 01709 336898

Fax: 01709 336869

www.rawmarshchildrenscentre.co.uk

www.facebook.com/rawmarshcc

Email: rawmarshnursery@rotherham.school

Head of Centre: Peter Gerrard

*If you have any questions or queries please do not
hesitate to contact the centre.*