Ensure adequate sleep time and appropriate environment

- Adequate sleep time is essential for health. Babies and toddlers need two to three short naps in the daytime while 3 to 5 years old may need at most one daytime nap.
- Total amount of sleep in a day is different for different age groups:

  1) Newborns (up to 2 months): 12 to 18 hours

  2) Infants (2 to 12 months) 13 to 15 hours

  3) Toddlers 1 to 3 years old: 12 to 13 hours

  4) 3 to 5 years old: 11 to 13 hours

  5) 5 to 12 years old: 9 to 11 hours

  6) 12 to 18 years old: 8.5 to 9.5 hours

- Encourage a quiet, dim and comfortable sleeping place. Turn off the computer and keep other electronic screen products out of reach during sleep.
- Establish a soothing pre-sleep routine with a period of relaxing activities an hour or so before bed, e.g. take a bath, read a book, avoid stressful and stimulating activities such as video game playing as well as vigorous exercises.

