



## School Age Sleep

- Total Sleep Time: 9-12 hours
- Naps: Rare
- Sleep Hygiene: Parents become less aware of sleep problems with age
- Sleep disturbances: Worries and fears

## Signs of Deficient Sleep

- Need to be awakened in the morning
- Sleeps 2+ hours longer on weekends or vacations than weekdays/school days
- Falls asleep in school or other inappropriate places
- Behavior/mood differ after nights of increased or decreased sleep

## Common Sleep Problems

- Not tired at bedtime
- Can't sleep alone
- Bedtime fears/worries

