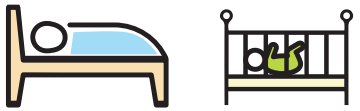


Birth – 2 Years | Healthy Sleep

Healthy sleep helps with healthy growth.



Your baby should sleep in the same room as you for the first 6 months. This can help you better respond to your baby's hunger cues.



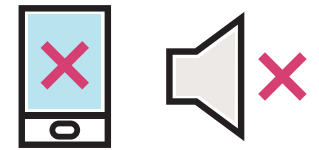
Babies from 4 to 12 months should get 12 to 16 hours of sleep in 24 hours. This includes naps.



Children from 1 to 2 years should get 11 to 14 hours in 24 hours. This includes naps.



Children need regular nap and bed times. Put them to bed at the same time every day and night. Have a quiet room with no loud or bright devices or screens.



Turn off videos, loud devices, and bright screens before naps and bedtime.