To be as healthy as possible, children need adequate night time sleep:

- 5–13 year olds: 9–11 HOURS of sleep/night
- 14–17 year olds: 8–10 HOURS of sleep/night

But... 1 in 4 children are NOT getting enough sleep.

1 in 3 children have trouble going to sleep or staying asleep.
1 in 5 children have difficulty staying awake during waking hours.
1 in 10 children do not find their sleep refreshing.

Over time, insufficient sleep impacts how a child feels, behaves and interacts. Children who get less than adequate sleep report:

- Catching more Zzz’s can help with children’s:
  - Physical health,
  - Emotional well-being, and
  - Quality of life!

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