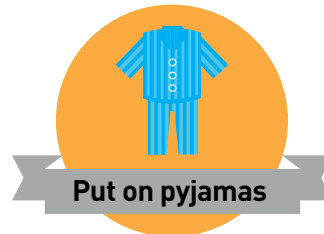
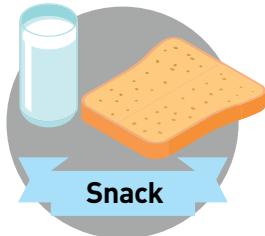


# Sleep

- Sleep is essential to support children's development. Well rested children are best able to reach their full potential.
- Children aged three to five years need approximately 10–12 hours sleep per night.
- All children can benefit from having a good bedtime routine. A successful sleep routine needs to be well planned – it is also important to be firm and consistent.

## Bedtime routine



For more tips on sleep visit [www.pha.site/birthtofive](http://www.pha.site/birthtofive) or [www.sleepscotland.org](http://www.sleepscotland.org)