

# Good Quality Sleep is Essential for Physical and Mental Health

<https://www.aap.org/en-us/about-the-aap/aap-press-room/pages/American-Academy-of-Pediatrics-Supports-Childhood-Sleep-Guidelines.aspx>

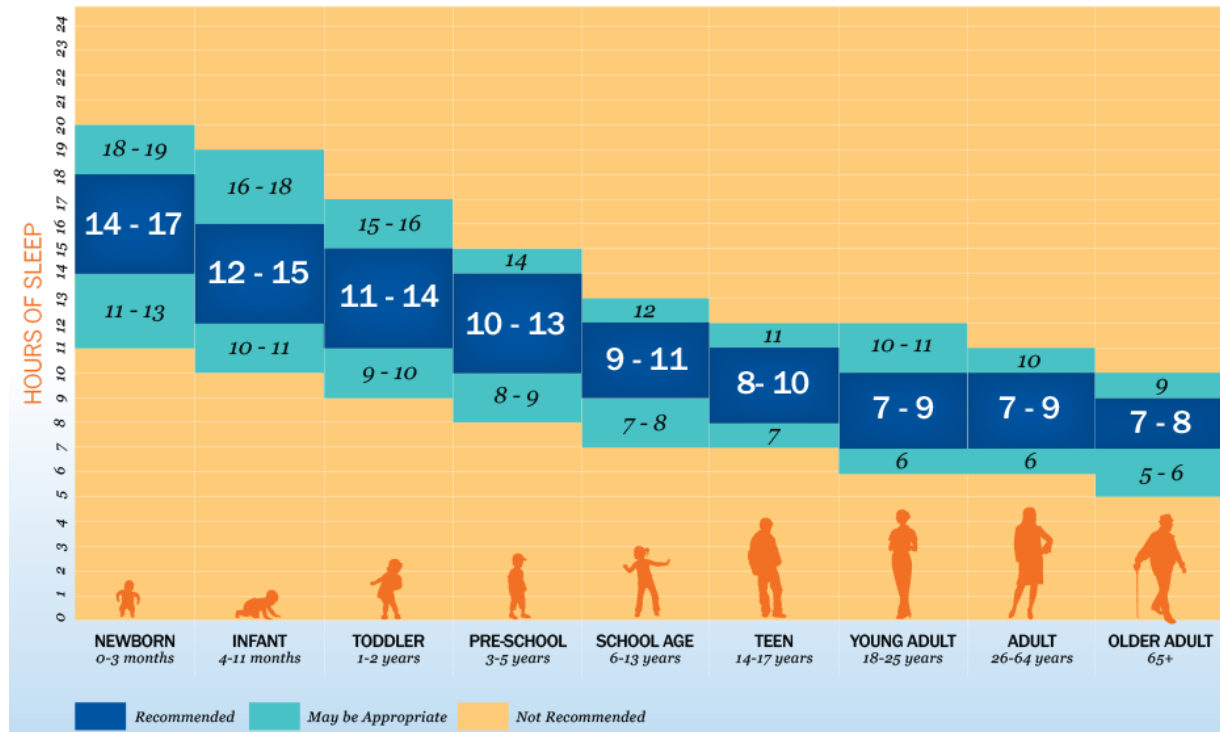
<https://sleepfoundation.org>

<http://www.child-encyclopedia.com/sleeping-behaviour>

<https://www.babysleep.com>



## SLEEP DURATION RECOMMENDATIONS



SLEEPFOUNDATION.ORG | SLEEP.ORG

Hirshkowitz M, The National Sleep Foundation's sleep time duration recommendations: methodology and results summary, Sleep Health (2015), <http://dx.doi.org/10.1016/j.sleh.2014.12.010>

<https://sleepfoundation.org/excessivesleepiness/content/how-much-sleep-do-we-really-need-0>