

# Why We Sleep



Sleep helps our body and brain develop and grow.

Your Brain Needs Sleep, so you can:

- Remember what you learn
- Pay attention and concentrate
- Solve problems and think of new ideas

Your Body Needs Sleep, so your:

- Your muscles, bones, and skin can grow.
- Your body can repair injuries and restore damaged tissues.
- Your immune system stays strong to fight off illness





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## Night is All Right!

- The sun tells your body when it's time to wake up.
- When it gets dark, your body makes sleepy dust called melatonin (mel-a-TONE-in).
- A dark room helps you sleep best! But a small nightlight is okay.
- In the morning, bright light helps wake you up



# Kindergartener sleep FAQ

**Q: How much sleep does a 5 year old need?**

**A:**

Sleep needs vary by child, but most 5 year olds need at least 10.5 hours of sleep at night. Let your child's mood and energy levels help guide you when determining if they're getting enough sleep.

**Q: What time should a kindergartener go to bed?**

**A:**

A kindergartener's optimal bedtime should account for their typical wake time and allow for sufficient night sleep (usually about 10 - 11 hours at this age). For example, a kindergartener who wakes at 6:30 AM and needs around 10.5 hours of sleep would likely do well going to bed around 8:00 PM. Their bedtime routine should be completed and lights off by 7:45 - 7:50 PM, to allow time to fall asleep.

**Q: What are some common sleep problems with kindergarteners?**

**A:**

Common sleep issues for school-aged children include stalling at bedtime, difficulty falling asleep, insufficient sleep, and waking during the night (sometimes from nightmares). Some children also deal with night terrors or medical concerns, such as sleep apnea.

**Q: When should I talk to doctor about 5 and 6 year old sleep problems?**

**A:**

It's especially important to speak with your doctor if your child is snoring, has loud or heavy breathing while sleeping, or has excessive daytime sleepiness despite appearing to get a sufficient amount of sleep. These can sometimes be clues that there's a medical issue.

Note: The content on this site is for informational purposes only and should not replace medical advice from your doctor, pediatrician, or medical professional. If you have questions or concerns, you should contact a medical professional.

Source: <https://huckleberrycare.com/blog/kindergartener-sleep-needs>

















