

# SLEEP TIME



Sleep for children aged 2-6:

- about 10-13 hours/day
- night-time sleep about 10 hours
- the need for sleep is individual

Finnish Institute for  
Health and Welfare THL

## WHAT DOES SLEEP AFFECT?

- Brain development and the ability to learn things
- Physical growth
- Ability to concentrate, behaviour and interaction
- Mood and alertness
- Appetite and immunity

## KEEP AN EYE ON THESE

What is the best time  
for your child to fall asleep?

How do you notice that your child is tired?

How do you help your child calm down for sleep?

Has your child eaten enough during the day?  
There should be no need to eat at night.

## TRY THESE

- Stick to familiar, repeated routines.
- Make evening activities calm and free of digital devices.
- Have an evening snack together and talk about your day.
- Stroke your child and play calm music.
- Try story massage or a weighted blanket.
- Speak softly, speak little.
- Remember the bedtime toy.

## WHAT IMPROVES SLEEP?

DIM LIGHT

A BEDTIME STORY

CLOSENESS AND SENSE  
OF SECURITY

A VARIED DIET

WASHING  
body and teeth

CLEAN BED LINEN

SPENDING TIME OUTDOORS

