

## JACK'S CORNER

Is your child grumpy and irritable? Do you struggle getting him up in the mornings? Is she developing a generally negative attitude? Does your child fall apart at relatively minor disappointments? Is he often sick? Does she complain about not wanting to do homework? Does he have trouble focusing and staying on task?

Although there can be many reasons, or a combination of reasons for the above behaviors, you might want to consider the question of **whether your child is getting enough sleep**. With so many kids in childcare experiencing long days, and with so many kids over-scheduled with activities, the following information is worth pondering.

Sleep experts at the Sleep Medicine and Research Center in St. Louis provide the following estimates of how much sleep most children need every 24 hours:

- age 1: 14 hours including 1 or more naps
- age 2: 11 to 12 hours plus a single 1 to 2 hour nap
- age 3: 12 to 12 ½ hours
- age 4: 11 ½ to 12 hours
- age 5: 11 hours
- age 6: 10 ¾ to 11 hours
- age 7: 10 ½ to 11 hours
- age 8: 10 ¼ to 10 ¾ hours
- age 9: 10 to 10 ¼ hours
- ages 10 through puberty: 9 ¾ to 10 hours
- adolescent to adult: 9 ½ hours

**How many problems would vanish or attenuate if we just got the rest we need?** Now, imagine how many problems might vanish or attenuate if we not only got enough sleep, but we also ate right! Before we rush into medication and therapy, why not try taking care of the obvious?

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