

WHAT'S NEW WITH KIDS?

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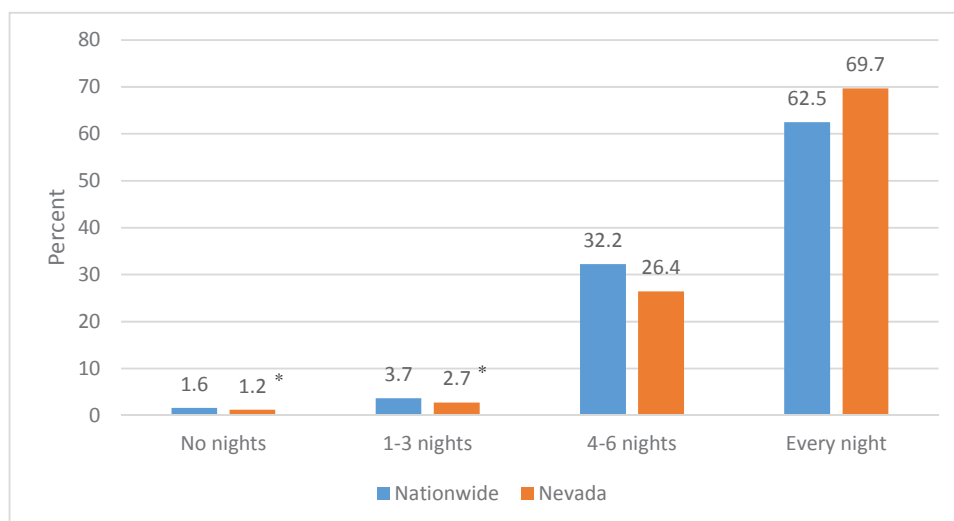
Sleep Time of Children and Youth

How much sleep do children and youth need? Based on sleep recommendations by the National Sleep Foundation (NSF), school-age children ages 6-13 years should have 9 to 11 hours of sleep a night. Teenagers ages 14 to 17 years should have 8 to 10 hours a night.¹

Sleep is important for many reasons. Findings from the NSF's 2014 Sleep in America® Poll reveal that 69 percent of the parents felt that sleep was extremely important for their child's performance at school.² Sixty-six percent felt it was extremely important for their child's health/well-being. Sixty-five percent felt it was extremely important for their child's behavior. Sixty-three percent felt it was extremely important for parents' health/well-being.

Do parents think that their children are getting enough sleep? This question was asked in the 2011/2012 National Survey of Children's Health. Specifically, parents were asked: "During the past week, on how many nights did [child name] get enough sleep for a child [his/her] age?"² Slightly more than 62 percent of the children ages 6 to 11 nationwide were perceived to have had enough sleep every night by their parents. Nearly 70 percent of the children in Nevada were perceived to have had enough sleep every night (Table 1).

Table 1. Number of Nights during Past Week Children Got Enough Sleep, Children Ages 6-11 Years, Nationwide and Nevada

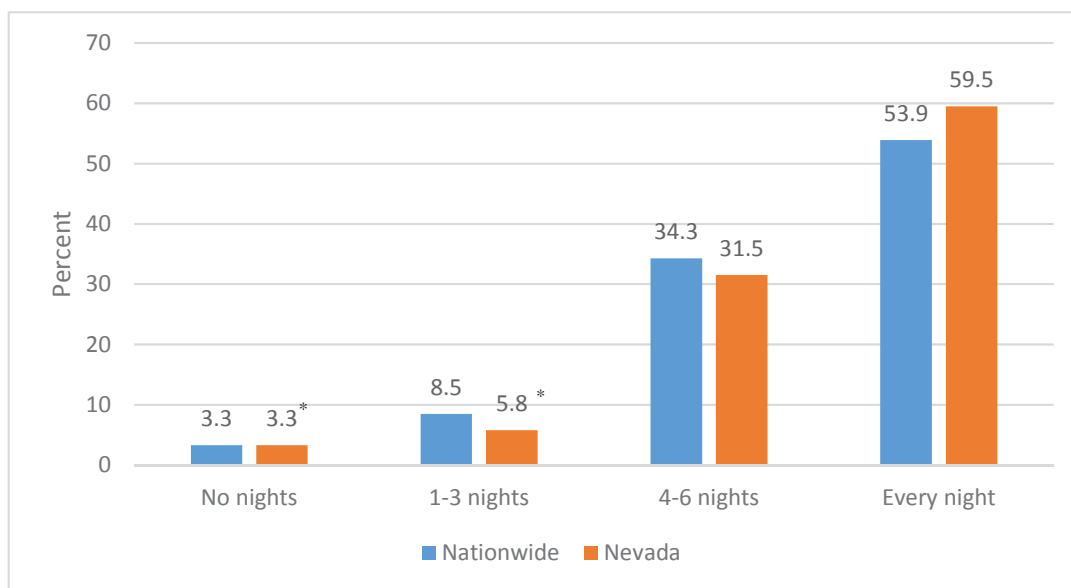


*Caution should be used in interpreting cell sizes less than 50.

Source: 2011/2012 National Survey of Children's Health, Child and Adolescent Health Measurement Initiative, Data Resource Center for Child & Adolescent Health, <http://childhealthdata.org>, as of 4/17/15.

Slightly more than one-half of the youth ages 12 to 17 were thought to have gotten enough sleep every night at the national level (Table 2). The corresponding figure for Nevada was 59.5 percent (Table 2)³ The survey results show that older children were perceived by their parents as getting less sleep than younger children.

Table 2. Number of Nights during Past Week Children Got Enough Sleep, Children Ages 12-17 Years, Nationwide and Nevada



*Caution should be used in interpreting cell sizes less than 50.

Source: 2011/2012 National Survey of Children’s Health, Child and Adolescent Health Measurement Initiative, Data Resource Center for Child & Adolescent Health, <http://childhealthdata.org>, as of 4/17/15.

How much sleep do children and youth get? Child Trends analyzed data from the U.S. Department of Labor’s American Time Use Survey to answer this question. In 2012-2103, 70 percent of children ages 6 to 12 and 43 percent of youth ages 15 to 19 slept 9 or more more hours a night on weekdays.⁴

The consequences of too little sleep are well documented in published research. For a review of some of the literature and more of their data analysis from the American Time Use Survey, visit Child Trends at: <http://www.childtrends.org/?indicators=time-spent-in-sleep>.

References

¹Hirshkowitz, Max, et al. “National Sleep Foundation’s Sleep Time Duration Recommendations: Methodology and Results Summary,” *Sleep Health*, 1, 2015, pp. 40-43, [http://www.sleephealthjournal.org/article/S2352-7218\(15\)00015-7/pdf](http://www.sleephealthjournal.org/article/S2352-7218(15)00015-7/pdf) accessed 5/15/15.

²National Sleep Foundation, *2014 Sleep in America® Poll: Sleep in the Modern Family*, Washington (DC): The Foundation; 2014 Mar. Available from: <http://www.sleepfoundation.org/sleep-polls-data/sleep-in-america-poll/2014-sleep-in-the-modern-family>, accessed 4/17/15.

³2011/2012 National Survey of Children’s Health, Child and Adolescent Health Measurement Initiative, Data Resource Center for Child & Adolescent Health, <http://childhealthdata.org>, accessed 4/16/15.

⁴Ibid.

⁵Child Trends, *Time Spent in Sleep: Indicators on Children and Youth*, June 2014, <http://www.childtrends.org/?indicators=time-spent-in-sleep>, accessed 4/17/15.

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