

Benefits of SLEEP for Infants and Toddlers



Did you know that napping for infants and toddlers supports learning?

According to a research by the University of Arizona, “babies who are able to get a little daytime nap are more likely to **exhibit an advanced level of learning known as abstraction**” (Gomez, 2010). Napping promotes the ability of infants and toddlers to abstract embedded rules common to learned items, and facilitate the integration of new information into old.

A sleep behavior research of preschool children in Singapore suggests that there is a clear **correlation of sleep duration with cognitive functioning, learning and physical growth of children** (Aishworiya et al., 2012). The shorter sleep time and later or irregular bedtimes in Singaporean preschoolers have implications on their long-term academic performance and health.

Parents can foster sleeping early and sufficiently, by establishing sleeping rules, limit technology and being a good example (National Sleep Foundation).

So how much should infants and toddlers sleep?

The guidelines recommended by experts from Japan and United States* are:

| Age | Sleep Hours per Night | Daytime Nap Hours |
|----------------|-----------------------|-------------------|
| 0 – 12 months | 9 to 10 hours | 3 to 7 hours |
| 13 - 24 months | 9 to 10 hours | 2 to 4 hours |

*Source:

Japan - Dr Akira Maehashi, Professor Waseda University, Japan.

USA - Dr Timothy Morgenthaler (M.D) Mayo Clinic.

In Kinderland, we understand the importance of daytime naps for our young ones and provide a conducive daytime nap environment, with homey soft-lighting, comfortable sleep cots and soothing classical music playing in the background. Music for babies has been proven to improve their spatial-reasoning and develops strong music-related connections in their brains (Bales, 2014).