You can help him get the sleep he needs.

At 5 years old, Brady needs about 11-12 hours of sleep a day. Getting enough sleep will help him be happier and healthier.

Children need plenty of sleep to feel and do their best. Getting enough sleep helps them have fewer mood swings and better control of their emotions. It may help them reduce their risk for obesity and diabetes.

If your child is older and in school, getting enough sleep will help them think, remember information, solve problems, and learn.

Here is how much sleep children should get per day, including naps:

- **Newborns: 16-18 hours**
- **Toddlers: 12-14 hours**
- **Preschool Age Children: 11-12 hours**
- **School Age Children: At least 10 hours**
- **Teens: 9-10 hours**

Thank you to Brady Wyatt Garcia (Navajo/Acoma) and his family for helping with the photo.

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