

To nap or not?

Run time - :53

ANCHOR LEDE:

Decades ago, a day at school for a kindergartener would usually involve an afternoon nap. Today, some schools have phased that out, leaving parents to wonder what's right. Tim Ditman of OSF HealthCare has more.

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Doctor Luis Garcia, an OSF pediatrician, says parents should look at it in terms of daytime sleep and nighttime sleep added up to total sleep. Naps should be 30 minutes to two hours long.

### \*\*\*SOUNDBITE\*\*\*

**Dr. Luis Garcia**  
**OSF HealthCare pediatrician**

**"It's not recommended to nap after 3 or 4 p.m. to avoid causing disruptions at bedtime. We want to allow at least four hours between last nap and bedtime to avoid the kids being too tired at bedtime." (:19)**

By 4 to 6 years old, the need for naps usually decreases. When that time comes, Doctor Garcia says to have the kid quit cold turkey. Moving bedtime up by 20 to 30 minutes can help. And make sure your child's school or day care is aware of their sleep habits.

I'm Tim Ditman.

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Visit the OSF Newsroom for a chart of sleep recommendations by age.