

## **To nap or not?**

\*\*\*SOT\*\*\*

Dr. Luis Garcia

OSF HealthCare pediatrician

**"Usually, the need for naptime decreases when kids reach 4 to 6 years old. At that point, they only need to sleep the 10 hours at night." (:11)**

### **When and how long**

\*\*\*SOT\*\*\*

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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)**

\*\*\*SOT\*\*\*

Dr. Luis Garcia

OSF HealthCare pediatrician

**"Is the kid refusing or having a hard time taking a nap? If they do take a nap, do they have a problem falling asleep at night?" (:13)**