



**APPRENDRE
À DORMIR**

Naître et Grandir: How sleep affects development and behaviour

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This [fact sheet from Naître et Grandir](#) presents the **realities of sleep for children aged 1 to 12**: their [sleep needs](#), [signs of fatigue](#) and the impact of sleep on their development.

How to promote soothing sleep through daily [routines](#) and activities, as well as the impact of [screens](#) and [when to consult](#) for sleep problems, are also discussed.

To know more and continue reading on [Naître et Grandir website](#), click here:

- [How much sleep do kids need?](#)
- [The benefits of good sleep](#)
- [How not getting enough sleep affects your child](#)
- [Making sure they get a good night's sleep](#)
- [When should you consult an expert?](#)
- [Things to keep in mind](#)

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