

## **Sleep and weight management**

### **Sleep Patterns**

New NICE guidance (NG7) recommends the following:

- Encourage children young people to get enough sleep. Explain to parents and carers that this is because lack of sleep may increase the risk of excess weight gain. Provide parents and carers with information on age-specific recommendations on sleep (see NHS Choices website).

NICE Guidance 7: Maintaining a healthy weight and preventing excess weight gain among adults and children. March 2015.

### **How much sleep do children need?**

You can find a guide to the approximate hours of sleep they should aim for on the [NHS Choices website](#).