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**Sleep duration in children**

Galland B, Taylor B, Elder D

Normal sleep patterns in infants and children: A systematic review of observational studies

Sleep Medicine Reviews, July 2011. This study is available online [here](https://www.nationaljewish.org/NJH/media/pdf/Meltzer%20References/Galland-%282012%29-Normal-sleep-patterns-in-infants-and-children.pdf?fbclid=IwAR0jHrjv56hZDZZ0tUOy4mAql5mORNQKlwyYc2kBf-Gf4R5s1lja6xzRuFE)

**Fig. 3.** Plot of the sleep duration data across age categories from all the studies reviewed for this variable. Data are presented as the mean +/- 1.96 SD.



[Source](https://www.nationaljewish.org/NJH/media/pdf/Meltzer%20References/Galland-%282012%29-Normal-sleep-patterns-in-infants-and-children.pdf?fbclid=IwAR0jHrjv56hZDZZ0tUOy4mAql5mORNQKlwyYc2kBf-Gf4R5s1lja6xzRuFE)