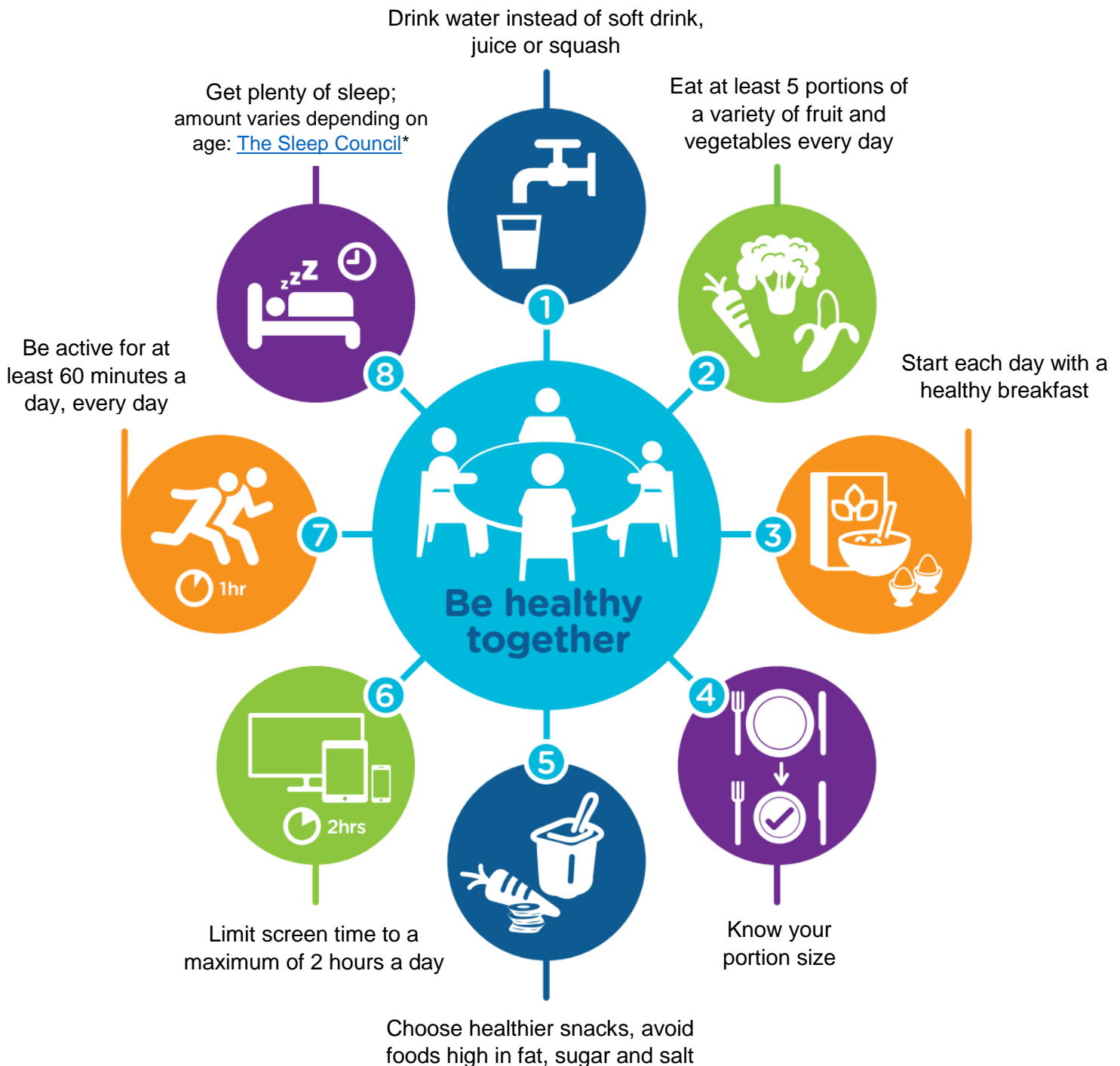


8 for a healthy weight

Information is relevant for children aged 2 years and older



*<https://sleepcouncil.org.uk/how-much-sleep-do-we-need/>