

AVERAGE SLEEP NEEDS



How Much?

Is your little one getting enough sleep?

This guide gives you the average amount of sleep needed from birth to age 6.

Some need a little more, some less, but over 80% of little ones will fall within these guidelines.

Is It Enough?

How can you tell if your little one is getting enough sleep?

There are many variables, but in general, if they're waking up happy and content.

Physically, if your little one has dark circles under their eyes, red eyes, or still seems overtired at some point during the day, a little more sleep may be needed.

BIRTH TO AGE 6

<i>Age</i>	<i>Day</i>	<i>Night</i>	<i>Total</i>
1 Month	7-8	6-11	14-19 hrs
3 Months	5-8	6-12	14-16 hrs
6 Months	3-4.5	10-12	14-16 hrs
9 Months	3 (2-3 naps)	10-12	13-15 hrs
12 Months	2-3 (2 naps)	10-12	13-14 hrs
18 Months	1.5-3 (1-2 naps)	11-12	13-14 hrs
2 Years	1-2 (1 nap)	11-12	13-14 hrs
3 Years	0-2	10-12	10-13 hrs
4 Years	0	10-12	10-12 hrs
5 Years	0	10-12	9-12 hrs
6 Years	0	9-12	9-12 hrs



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