

AVERAGE SLEEP NEEDS

	Sleep in 24 hours	How Many Naps	Awake Times	Night Feeding?
0 - 3 Months	14 - 17 hours Not less than 9 or more than 19	Varies	Newborn 30-60 mins by 3/4 months 1-2 hours	Yes
4 - 11 Months	12 - 15 hours Not less than 10 or more than 18	4 or 5 at 4 months 3 at around 6 months 2 around 8 months	4-6 months 2-2.5 hours 7-9 months 2.5 hours 8-11 months 3 hours	Probably
1 - 2 Years	11 - 14 hours Not less than 9 or more than 16	probably drops to one nap around 18 months	12 months 3 hours 18 months 4 hours	Possibly
3 - 5 Years	10 - 13 hours Not less than 8 or more than 14	probably drops naps completely by 2.5/3 years	around 12 hours	Usually None

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