



SLEEP NEEDS BY AGE

Age	Night Sleep	Day Sleep	Total Sleep
Newborn - 2 Months	8-9 Hours*	7-9 Hours (3-5 Naps)	17-20 Hours
2-4 Months	9-10 Hours*	4-5 Hours (3-4 Naps)	14-16 Hours
4-6 Months	10-11 Hours*	4 Hours (2-3 Naps)	14-15 Hours
6-9 Months	10-11 Hours*	3-4 Hours (2 Naps)	14 Hours
9-12 Months	10-12 Hours	2-3 Hours (2 Naps)	14 Hours
12-18 Months	11-12 Hours	2-3 Hours (1-2 Naps)	13-14 Hours
18 Months - 2 Years	11-12 Hours	2 Hours (1 Nap)	13-14 Hours
2-3 Years	11-13 Hours	1-2 Hours (1 Nap)	12-14 Hours
3-5 Years	11-12 Hours	0-2 Hours (0-1 Naps)	11-13 Hours
5-12 Years	10-11 Hours		10-11 Hours
Teens	9-10 Hours		9-10 Hours

*Night feedings may be necessary, please contact your pediatrician if you are unsure of your child's nutritional needs.

Where does your child fall into these ranges? A good rule of thumb is to take a look at your child in the early evening. If he is generally calm, well mannered and agreeable he is getting enough sleep. If he is consistently high strung, irritable or hyper chances are he is not getting enough sleep.