

HOW MUCH SLEEP FOR MY LITTLE ONE?

THIS SHOULD BE USED AS A GUIDE AND GIVES YOU A FRAMEWORK TO AIM FOR WITH YOUR LITTLE ONE'S SLEEP

0-5 MONTHS	15 ½ HRS	8 ½ HRS	VARIES	¾ – 2 HRS	4-5 PER DAY	VARIES
6-8 MONTHS	14 ½ HRS	11 HRS	3 ¼ HRS	1.5 – 3 HRS	3 PER DAY	1 – 1 ½ HRS
9-11 MONTHS	14 HRS	11 HRS	3 HRS	2 – 4 HRS	2 PER DAY	1 ½ HRS
12-18 MONTHS	13 ½ HRS	11 ¼ HRS	2 ½ HRS	4 – 6 HRS	1-2 PER DAY	1 – 2 ½ HRS
2 YEARS	13 HRS	11 HRS	1 ½ – 2 HRS	5 – 6 HRS	1 PER DAY	1 ½ – 2 HRS
3 YEARS	12 HRS	10 ½ HRS	½ - 1 ½ HRS	6+ HRS	1 OR QT	½ – 1 ½ HRS
4 YEARS	11 ½ HRS	11 ½ HRS	QUIET TIME	-	1 OR QT	VARIES
5 YEARS	11 HRS	11 HRS	QUIET TIME	-	QUIET TIME	-
6 YEARS	10 ¾ HRS	10 ¾ HRS	QUIET TIME	-	QUIET TIME	-