



Biological Sleep Needs By Age

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	TOTAL SLEEP IN 24HRS	TOTAL OVERNIGHT SLEEP	NUMBER OF NAPS	TOTAL DAYTIME SLEEP	AWAKE PERIODS BY AGE
BIRTH - 3MTHS	13 - 17HRS	VARIABLE	6 - 7	VARIABLE	30MINS - 75MINS
3MTHS - 5MTHS	13 - 15HRS	9 - 10HRS	3 - 6	4 - 5HRS	75MINS - 2.25HRS
5MTHS - 7MTHS	12 - 14HRS	9 - 10HRS	3 - 4	4 - 5HRS	1.5HRS - 2.75HRS
7MTHS - 9MTHS	12 - 14HRS	10 - 11HRS	2 - 3	3 - 4HRS	2.25HRS - 3.5HRS
9MTHS - 12MTHS	11 - 14HRS	10 - 11HRS	2	2 - 3HRS	3.5HRS - 4.5HRS
12MTHS - 24MTHS	11 - 14HRS	10 - 11HRS	1-2	2 - 3HRS	4.5HRS - 7HRS

From the National Sleep Foundation Guidelines

This is a rough guide - all babies are individuals