

Guidelines for SLEEP

AGE	NAPS	NIGHT	TOTAL
Newborn- 2 Months	3-5 naps	8-9 hours	16-18 hours
2 to 4 Months	3 naps	9-10 hours	14-16 hours
4 to 6 Months	2-3 naps	10 hours	14-15 hours
6 to 9 Months	2 naps	10- 11 hours	14 hours
9 to 12 Months	2 naps	10- 12 hours	14 hours
12 to 18 Months	1-2 naps	11- 12 hours	13-14 hours
18 to 24 Months	1 nap	11 hours	13-14 hours
2-3 years	1 nap	10-11 hours	12-14 hours
3-5 years	0-1 nap	10-11 hours	11-13 hours
5-12 years	n/a	10-11 hours	10-11 hours