

How Much Sleep Does Your Child Need?

Below are guidelines on the sleep needs of the AVERAGE child (taken from Solve Your Child's Sleep Problems by Dr. Richard Ferber). Every child is different, but total sleep shouldn't vary greatly!

AGE	NIGHTTIME SLEEP	DAYTIME SLEEP	TOTAL SLEEP
1 week	8 ½ hours	8 hours (4 naps)	16 ½ hours
1 month	8 ½ hours	7 hours (3 naps)	15 ½ hours
3 months	10 hours	5 hours (3 naps)	15 hours
6 months	11 hours	3 ¼ hours (2 naps)	14 ¼ hours
9 months	11 hours	3 hours (2 naps)	14 hours
12 months	11 ¼ hours	2 ½ hours (2 naps)	13 ¾ hours
18 months	11 ¼ hours	2 ¼ hours (1 nap)	13 ½ hours
2 years	11 hours	2 hours (1 nap)	13 hours
3 years	10 ½ hours	1 ½ hours (1 nap)	12 hours
4 years	11 ½ hours		11 ½ hours
5 years	11 hours		11 hours
6 years	10 ¾ hours		10 ¾ hours
7 years	10 ½ hours		10 ½ hours
8 years	10 ¼ hours		10 ¼ hours
9 years	10 hours		10 hours
10 years	9 ¾ hours		9 ¾ hours
11 years	9 ½ hours		9 ½ hours
12 - 13 years	9 ¼ hours		9 ¼ hours
14 years	9 hours		9 hours
15 years	8 ¾ hours		8 ¾ hours
16 years	8 ½ hours		8 ½ hours
17 - 18 years	8 ¼ hours		8 ¼ hours

For a free 15 minute consultation to get your family sleeping better, call or email today!

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