

What's Normal?

SLEEP EXPECTATIONS BY AGE

NEWBORNS (0-3 MONTHS)

- 14-17 hours a day, often in short stretches
- Day/night confusion is common
- Frequent waking for feeding is normal

INFANTS (3-12 MONTHS)

- 10-12 of night sleep, plus 2-3 day time naps
- Night wakings are still common
- Learning to self soothe may begin slowly

TODDLERS (1-3 YEARS)

- 10-13 hours of sleep in a 24-hour period
- Usually 1 nap per day, dropping by age 3
- Bedtime resistance and night wakings can increase

CHILDREN (4-12 YEARS)

- 9-12 hours of sleep per night
- Consistent bedtime routine is important
- May experience fears or nightmares

TEENS (13-18 YEARS)

- 8-10 hours of sleep per night
- Biological shifts lead to later sleep cycles
- Prioritizing sleep can be challenging