

How much sleep should my child be having each day?



Age	Day sleep (hours)	Night sleep (hours)	Total sleep (hours)
Birth – 4 months	8-10 (lots of naps)	8-10	16-20
4 - 6 months	3-5 (3-4 naps)	10-12	12-16
6 - 12 months	2.5-4 (2-3 naps)	10-12	12-16
1 - 2 years	1.5-2.5 (1-2 naps)	9-12	11-14
3 - 5 years	0-1.5 (0-1 nap)	10-13	10-13
6 - 12 years	0	9-12	9-12
13 - 18 years	0	8-10	8-10