

## How much sleep do we need?

Age	Total	Night	Naps
Newborn	Sleep ranges from 15-20 hours per day and varies with each child		
4 months	14 to 16 hours	11 to 12 hours	3 to 4 hours (3 to 4 naps)
6 months	13 to 15 hours		2 to 3.5 hours (3 naps)
9 months	13 to 15 hours		2 to 3 hours (2 naps)
12 months	13 to 15 hours		1.5 to 3 hours (1 to 2 naps)
18 months	12 to 14 hours		1.5 to 3 hours (1 nap)
24 months	12 to 14 hours		1.5 to 3 hours (1 nap)
3 yrs to 5 yrs	11 to 14 hours		1 to 2 hours (if still napping)

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