



Total sleep needs

This table provides some sleep guidelines around the amount of sleep children in each age group can aim for:

TOTAL SLEEP NEEDS

Age	Day sleep (hours)	Naps	Night sleep	Total sleep in 24 hours
0-3 months	Evenly spread across day & night	Varies, even spread	Varies	14-17
3-6 months	4-5 hours	4 naps	9-10	13-15
6-9 months	3-4 hours	3 naps	10-11	12-14
9-16 months	2-3 hours	2 naps	10-11	11-14
16-24 months	2-3 hours	1 nap	10-11	11-14
2-2.5 year	Up to 2 hours	1 nap	10-12	10-13
2.5-3 years	Up to 2 hours	0-1 nap	10-12	10-13



The Little Sleep Company