HOW MUCH SLEEP?

TOTAL HOURS

**Newborns to 3 months**

14 - 17 hours

Infants 3-11 months

12-15 hours

2 ½ - 5 hours in 1-4 naps

Toddlers 1-2 years

11-14 hours

1 ½ - 3 ½ hours in 1-2 naps

1 nap after 18 months

Preschoolers 3-5 years

10-13 hours

1-2 hours in 1 nap

NAPS OR NIGHTTIME?

**Newborn to 3 months**

14 - 17 hours

Newborns sleep on a 24 hour cycle until they begin to develop their circadian rhythm usually at around six to ten weeks of age.

**Infants 3-11 months**

12-15 hours

**Toddlers 1-2 years**

11-14 hours

**Preschoolers 3-5 years**

10-13 hours

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