



Daily Sleep Requirements for Optimal Health

	Average # of Naps per Day	Awake Time Between Naps	Total Hours of Sleep Per Day (24 hours)
0 - 6 Weeks	It will vary – focus on awake time between naps	45 – 60 minutes	15-18 hours
6 - 12 Weeks	It will vary – focus on awake time between naps	1 hour – 1:45 minutes	12-16 hours
4 - 6 Months	3 / 4 based on duration	1.5 – 2.5 hours	12 – 16 hours
6 - 12 Months	2 / 3 based on duration	About 3 hours	12 – 16 hours
1 - 2 Years	1	4 - 5 hours	11-14 hours
3 – 5 Years	1	5 – 6 hours	10 to 13 hours
6 – 12 Years	-	-	9-12 hours