SLEEP SCHEDULE

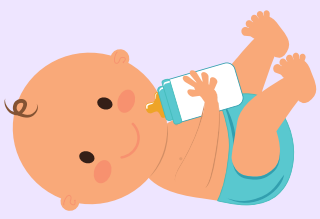
RECOMMENDED HOURS OF SLEEP REQUIRED BY AGE. THESE ARE THE APPROPRIATE SLEEP DURATIONS RECOMMENDED BY THE NATIONAL SLEEP FOUNDATION AND THE SLEEP REGRESSIONS YOU SHOULD EXPECT.

FOR MORE INFORMATION VISIT WWW.SLEEPFOUNDATION.ORG

NEWBORN
0-3
MONTHS

14-17 HOURS

NEWBORNS REQUIRE THE MOST SLEEP, UP TO 17 HOURS IN A 24 HOUR PERIOD. THEY ARE USUALLY ONLY AWAKE DURING FEEDINGS AND CHANGING WITH LITTLE PLAYTIME BEFORE NAPPING AGAIN.



INFANT
4-11
MONTHS

12-15 HOURS

MANY SLEEP CHANGES HAPPEN DURING THIS TIME. THE SLEEP REGRESSION AT 4 MONTHS LEADS TO THEIR MORE PERMANENT SLEEPING PATTERNS. THEN EXPECT REGRESSIONS AT AROUND 6 MONTHS AND 9 MONTHS DURING DEVELOPMENTAL MILESTONES.

11-14 HOURS

AT 12 MONTHS, ANOTHER SLEEP REGRESSION OCCURS DURING A HUGE MILESTONE OF LEARNING TO WALK AND TALK MORE. THEN A BIG REGRESSION HAPPENS AROUND 15 MONTHS DUE TO SOME NEWFOUND INDEPENDENCE. THIS MAY BE WHEN YOU DROP A NAP. AT 2 YEARS, OR DURING POTTY TRAINING, EXPECT ANOTHER REGRESSION.

TODDLERS
1-3
YEARS

PRESCHOOLERS
3-5
YEARS

10-13 HOURS

AROUND 3 OR 4 IS WHEN NAPS BEGIN TO TRAIL OFF, YOU CAN INSTEAD START TO HAVE AN HOUR OF QUIET OR RELAXING TIME DURING THE DAY. NIGHT FEARS MAY ARISE, AND THE BEST THING TO DO IS VALIDATE THEIR CONCERNS WHILE REASSURING THEM THEY ARE SAFE.

9-11 HOURS

SCHOOL-AGE CHILDREN STILL NEED A CONSISTENT BEDTIME ROUTINE—SET LIMITS FOR LIGHTS OUT TIME AND LIMIT SCREENS BEFORE BED.

SCHOOL AGE
6+
YEARS

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