

# How many hours of sleep does my child need?



Newborns  
0-3 Months

14-17 hours  
daily



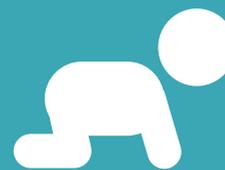
Infants  
4-11 Months

12-15 hours  
daily



Toddlers  
1-2 years

11-14 hours  
daily



Preschoolers  
3-5 years

10-13 hours  
daily



School age children  
6-13 years

9-11 hours  
nightly



Teenagers  
14-17 years

8-10 hours  
nightly

