

# Sleep Like An Angel

## Your Baby's Sleep Requirements



Every baby is unique and has its own set of sleep needs, but the one thing every baby has in common is they need lots and lots and lots of sleep. If you think your baby is the exception, I'm afraid to say he's not! If babies and children don't get enough sleep they end up becoming overtired very quickly, which makes it hard for them to concentrate, cope take in new information, play and even bond and connect with the family.

One of the most common questions I get asked is, "How much sleep does my baby really need?" So, here is a guide to your baby's average sleep requirements for each age group.

Age	Daytime Nap	Night Time Sleep	Total Hours Sleep
Newborn	4-6 hours	9-11 (broken up by feeding on demand)	Between 14-17 hours
3 months	3-5 hours	11-12 (broken up by feeds)	13-16 hours
6 months	3-4 hours	11-12 hours	13-16 hours
9 months	2-3 hours	11-12 hours	13-16 hours
12 months	2-3 hours	12 hours	14-15 hours
18 months	2-3 hours	12 hours	14-15 hours
24 months	1-2 hours	12 hours	12-15 hours
3 years	1-2 hours	12 hours	13-15 hours

For more specific guidelines and sleep times, download my Sleep Like An Angel e-books from [www.sleeplikeanangel.com](http://www.sleeplikeanangel.com)