



Rest & Relax

Guidance • Yoga • Reiki

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SLEEP NEEDS CHART

NOTE: These are suggested guide lines only!

AGE	SLEEP
Newborn to 6 weeks	Up 1 hour Sleep 3 hours
6 – 12 weeks	Up 1 – 1.5 hours Sleep 2.5 – 3 hours
12 – 18 weeks (3 – 4 months)	Up 2 hours Sleep 2 hours
18 – 24 weeks (4.5 – 6 months)	Up 2.5 hours Sleep 2 hours
24 – 32 weeks (6 months)	Up 3 hours x 3 Sleep 1.5hrs – 2hrs AM Sleep 1hr – 1.5hrs PM
32 – 42 weeks (8 months)	Up 3.5 hrs x 3 Sleep 1hr – 1.5 hrs AM Sleep 1hr PM
42 – 52 weeks (10 months)	Up 4hrs AM & PM Sleep 1.5hrs AM Sleep 0.5 – 1hr PM
12 months	Usually only one sleep daily 2 – 2.5hrs after 11.30am – lunch
15 – 18 months	Usually 2hrs after lunch
2 years	Usually 1 – 2 hrs after lunch
3 years	Usually 1 – 2hrs after lunch

Motivation • Direction • Connection