

AGE	Approximate amount of sleep needed:
Newborn	16 to 20 hours per day
3 weeks	16 to 18 hours per day
6 weeks	15 to 16 hours per day
4 months	9 to 12 hours plus two naps (2 to 3 hours each)
6 months	11 hours plus two naps (1 1/2 to 2 1/2 hours each)
9 months	11 to 12 hours plus two naps (1 to 2 hours each)
1 year	10 to 11 hours plus two naps (1 to 2 hours each)
18 months	13 hours plus one or two naps (1 to 2 hours each)
2 years	11 to 12 hours plus one nap (2 hours)
3 years	10 to 11 hours plus one nap (2 hours)
4 to 5 years	10 to 12 hours. Usually no nap.