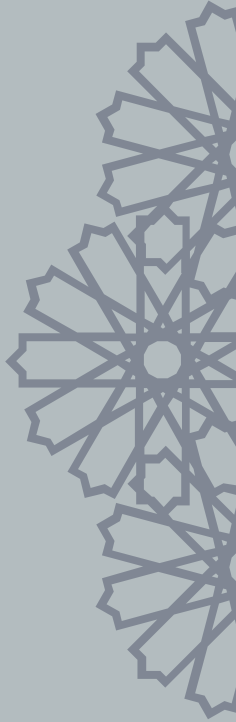




# Sleep Chart

Age (months)	Max wake time (hours)	Average daily sleep (hours)	Average nighttime sleep (hours)	Typical # of naps
<2	0.75-1	16-20	11	4+
3	1.5	15.5-18	11	4
4	1.75-2	15.5	11-12	3-4
5	2	15	11-12	3
6	2.5	14.5	11-12	2-3
7	2.75	14-14.5	11-12	2-3
8	3	14-14.5	11-12	2-3
9	3	14	11-12	2
10-11	3-4	14	11-12	2
12-14	3-4 w 2 naps	13.5-13.75	11-12	1-2





# Sleep Chart

Age (months)	Max wake time (hours)	Average daily sleep (hours)	Average nighttime sleep (hours)	Typical # of naps
15-18	5-6.5	13-13.5	11-12	1
19-23		12-12.5		1
2 yrs		12-12.5		1
3 yrs		11-12		1-0

