

# *Rested Family Child Sleep Consulting*



## HOW MUCH SLEEP DO CHILDREN NEED?

Below are some general guidelines as to how many hours of sleep the AVERAGE child requires at various ages, as recommended by Dr. Richard Ferber. Remember, every child is different- some need more or less sleep than others- but variations should be small.

AGE	NIGHTTIME SLEEP	DAYTIME SLEEP	TOTAL SLEEP
1 week	8.5	8 (4 naps)	16.5
1 month	8.5	7 (3 naps)	15.5
3 months	10	5 (3 naps)	15
6 months	11	3.25 (2 naps)	14.25
9 months	11	3 (2 naps)	14
12 months	11.25	2.5 (2 naps)	13.75
18 months	11.25	2.25 (1 naps)	13.5
2 years	11	2 (1 nap)	13
3 years	10.5	1.5 (1 nap)	12
4 years	11.5	1 (nap/rest)	11.5
5 years	11	rest	11
6 years	10.75		10.75
7 years	10.5		10.5
8 years	10.25		10.25
9 years	10		10
10 years	9.75		9.75

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