

Sleep Chart

Prepared By: Kerriann Caudill

AGE (IN MONTHS)	# OF NAPS PER DAY	MAX AWAKE TIME BETWEEN NAPS	MAX. NAP LENGTH (HOURS)
<2	4+	45 MIN-1HR	3
3	4	1.5 HR	3
4	3-4	1.75 HR-2 HRS	2.5
5	3	2 HRS	2
6	2-3	2.5 HRS	2
7	2-3	2.75 HRS	2
8	2-3	3 HRS	2
9	2	3 HRS	2
10 - 11	2	3-4 HRS	2
12-14	1-2	3-4 HRS	2-3
15-18	1	5-6.5 HRS	3
19-23	1	--	2.5
2 YEARS	1	--	2.5
3 YEARS	0-1	--	2.5



LITTLE TOWN
dreamers