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Gentle Sleep and Parenting Solutions

RECOMMENDED SLEEP AVERAGES

NAPS & NIGHTTIME

	TOTAL SLEEP WITHIN 24 HOURS	HOURS OF DAYTIME SLEEP	HOURS OF NIGHTTIME SLEEP
 NEWBORNS (0-3 MONTHS)	14-17 HOURS	3-5 HOURS	11-12 HOURS
 INFANTS (4-11 MONTHS)	12-16 HOURS	2.5-3.5 HOURS	10-12.5 HOURS
 TODDLERS (1-2 YEARS)	11-14 HOURS	2.25-2.5 HOURS	8.75-11.5 HOURS
 PRESCHOOL (3-5 YEARS)	10-13 HOURS	0-2 HOURS	10-11 HOURS

Take Two At Bedtime

Roman Wölfel



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