

TYPICAL SLEEP REQUIREMENTS IN CHILDHOOD

AGE	NIGHTTIME HOURS	DAYTIME HOURS (NAPS)	TOTAL HOURS
6 months	10 ¼ hours	4 hours	14 ¼ hours
9 months	10 ½ hours	3 ½ hours	14 hours
12 months	10 ¾ hours	3 hours	13 ¾ hours
18 months	10 ¾ hours	2 ¼ hours	13 hours
2 years	10 ¾ hours	2 ¼ hours	13 hours
3 years	10 ½ hours	1 ½ hours	12 hours
4 years	11 ½ hours	variable	11 ½ hours
5 years	11 hours	variable	11 hours
6 years	10 ¾ hours		10 ¾ hours
7 years	10 ½ hours		10 ½ hours
8 years	10 ¼ hours		10 ¼ hours
9 years	10 hours		10 hours
10 years	9 ¾ hours		9 ¾ hours
11 years	9 ½ hours		9 ½ hours
12 years	9 ¼ hours		9 ¼ hours
13 years	9 ¼ hours		9 ¼ hours
14 years	9 hours		9 hours
15 years	8 ¾ hours		8 ¾ hours
16 years	8 ½ hours		8 ½ hours
17 years	8 ¼ hours		8 ¼ hours
18 years	8 ¼ hours		8 ¼ hours

SOURCE: Nelson's Textbook of Pediatric