









Recommended Number of Sleeps based on Age Range

AGE BIRTH- 4 MONTHS	AGE 4-8 MONTHS	AGE 8-14 MONTHS	AGE 14-18 MONTHS
 <p>Sleeps are On- Demand</p> <hr/>  <p>Feeds and sleeps Around the 24 hr clock waking for frequent day and night feeds</p>	 <p>4 down to 3 Daytime Sleeps</p> <hr/>  <p>Sleep Cycle 30 -45 minutes</p> <p>Approx 2 - 2.5 hrs awake time between daytime sleeps</p>	 <p>3 down to 2 Daytime Sleeps</p> <hr/>  <p>Sleep Cycle 45 -60 minutes</p> <p>Approx 2.5 -3 hrs awake time between daytime sleeps</p>	 <p>2 down to 1 Daytime Sleeps</p> <hr/>  <p>Sleep Cycle 60 minutes</p> <p>1 daytime sleep across midday period</p>