



Baby

SLEEP GUIDE

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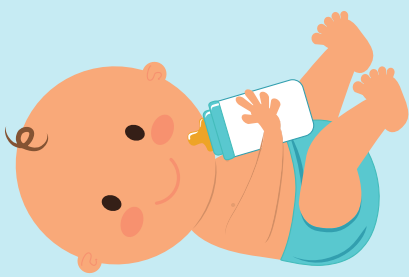
Newborn baby

Newborns are accustomed to sleeping at night for 8.5 hours and sleeping for 8 hours per day



Babies aged 1-2 months

14 to 16 hours of sleep per day, 8 to 9 hours of sleep at night and 6 to 7 hours of naps during the day



Babies aged 3-6 months

14 to 16 hours of sleep per day, 10 to 11 hours of night sleep and 4 to 5 hours of naps



Babies aged 7-9 months

Daytime sleep hours should be reduced to around 2 to 3 hours, and night sleep hours around 11 hours



Babies aged 10 months and over

Sleep at night with a duration of 11 hours and nap around 2.5 hours/day

