

SLEEP NEEDS GUIDE FOR INFANTS 0 TO 6 MONTHS

Variations may be needed to meet the individual infant's needs

Your baby will communicate his need for sleep through **Tired Signs** and they include:

- Grizzling or crying
- Jerky movements
- Clenched fists
- Facial contortions
- Yawning
- Rubbing eyes

AGE	AWAKE/PLAY TIME	SLEEP/REST TIME	AVERAGE NUMBER OF SLEEPS
0 ➔ 6 Weeks	Approximately 1Hour	Ranging from 1 ½ ➔ 3 Hours	5 ➔ 6 Sleeps in 24 Hours
6 Weeks ➔ 3 Months	1 ➔ 1½ Hours	1½ ➔ 2½ Hours	4 ➔ 5 Sleeps in 24Hours
3 ➔ 4 ½ Months	1½ ➔ 2 Hours	1 ½ ➔ 2½ Hours	3 Day Sleeps
4 ½ ➔ 6 Months	2 ➔ 2 ½ Hours	1 ½ ➔ 2 Hours	2 ➔ 3 Day Sleeps