

## 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         |