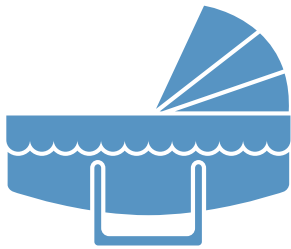


# sleep

## How much do children need?

---



### INFANTS

#### AGE

#### AMOUNT PER DAY

1-4 Weeks

15 – 16 hours

1-4 Months Old

14 – 16 hours

4-12 Months Old

14 – 15 hours

---



### TODDLERS

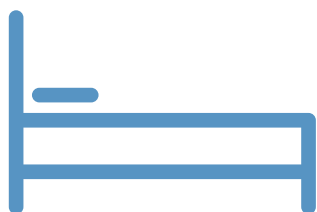
1-2 Years Old

11-14 hours

3-5 Years Old

10-13 hours

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### SCHOOL AGE

6-13 Years Old

9-12 hours

14-18 Years Old

8-10 hours

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Paper Pinecone is the **#1 MOST TRUSTED** childcare directory.  
Parents always search free and childcare providers always list free.