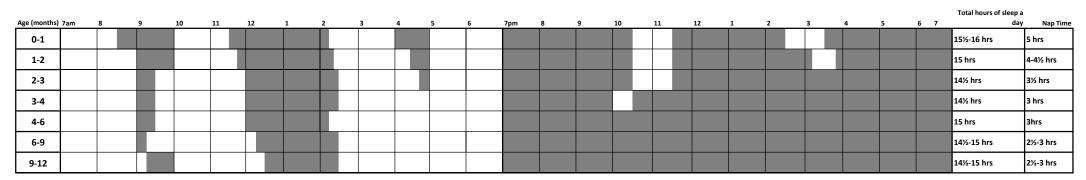
Sleep Required during the first year



Day-time sleep 7am-7pm

Night-time sleep 7pm-7am

NOTES

- * The grey indicates the sleep time
- * This chart may not work for all babies and should only be used as guide to how many hours the average baby needs to sleep
- * Every baby is different, some may require more or less sleep than is indicated above
- * These are estimations only
- * The start and end times indicated on this chart (7am-7pm) can change accordingly to your family's needs, for example you can change the awake and sleep time to 8am-8PM, just change the naps accordingly.
- * This chart is to help mothers establish a sleeping routine and may not go according to plan everyday