

# Sleep Needs By Age

Every baby is unique - but understanding their biological sleep needs can be a game-changer. This guide gives you a realistic snapshot of how much rest your baby might need as they grow. It's not about chasing perfection - it's about working with your baby's natural rhythms, so sleep can feel calmer for everyone.

CHILD'S AGE	LOW SLEEP NEED	AVERAGE SLEEP NEED	HIGH SLEEP NEED	NIGHT TIME SLEEP RANGE	AVERAGE NUMBER OF NAPS
0-3 MONTHS	11-13	14-17	18-19	VARIES	EVENLY SPACED OUT
4-11 MONTHS	10-11	12-15	16-18	9-11	2-4
1-2 YEARS	9-10	11-14	15-16	10-11	1-2
3-5 YEARS	8-9	10-13	12	10-14	0-1
6-13 YEARS	7-8	9-11	11	9-11	0

\*These times relate to total sleep in 24 hours, including naps.

Sleep is never one-size-fits-all - this guide gives you a starting point, not a rulebook. If you'd like gentle, holistic sleep support tailored to your baby, visit [thepeacefulsleepcompany.co.uk](https://thepeacefulsleepcompany.co.uk) or follow [@thepeacefulsleepcompany](https://www.instagram.com/thepeacefulsleepcompany).



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# Think S.L.E.E.P

Think S.L.E.E.P is a gentle guide you can come back to whenever sleep feels off track. No matter your baby's age, one of these five areas is often the key to understanding what's going on - and how to make things feel easier again.



## **SLEEP NEED**

Understand how much sleep your baby needs at each stage of their development. Are they getting the right amount of sleep for their age?



## **LEARNING**

Are they learning a new skills? Development affects sleep so encourage daytime movement and practice for more settled sleep.



## **ENERGY**

How much physical and mental energy have they had during the day? Stimulation in the day will encourage sleep.



## **ENVIRONMENT**

Create a sleep-friendly environment that supports restful sleep.



## **PARENTAL CONNECTION**

Your calm presence and connection play a crucial role in helping your baby feel secure and ready for sleep.



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