

Average Sleep Needs

Age	Average Number of Hours Needed	
	Night-time	Daytime
12 months	11 ½	2 ¼
2 Years	11 ¾	1 ¼
3 Years	11	1
4 Years	11 ½	-
5 Years	11	-
6 Years	10 ¾	-
7 years	10 ½	-
8 years	10 ¼	-
9 years	10	-
10 years	9 ¾	-
11 years	9 ½	-
12 years	9 ½	-
13 years	9 ¼	-
14 years	9	-
15 years	8 ¾	-
16 years	8 ½	-