Average Sleep Needs

Age	Average Number of Hours Needed	
	Daytime	Night-time
1 week	8	8 ½
4 weeks	6 ¾	8 ¾
3 months	5	10
6 months	4	10
9 months	2 ¾	11 ¼
12 months	2 ½	11 ½
2 years	1 ¼	11 ¾
3 years	1	11 ½
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

This is just a rough guide and anything within 2 hours of this is fine; if your child needs less sleep or is struggling with sleep, you can take off 2 hours of the recommended amount of sleep.

Work out what time your child needs to be up in the morning and count back how many hours sleep they should be getting; this is the time they should be going to bed. Then count back one more hour and this is the time their bedtime routine should start.

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