

How much sleep do children need?

Below are the approximate hours of sleep needed by children of different ages, as recommended by the Millpond Children's Sleep Clinic.

1 week

- daytime: 8 hours
- night-time: 8 hours 30 minutes

4 weeks

- daytime: 6 to 7 hours
- night-time: 8 to 9 hours

3 months

- daytime: 4 to 5 hours
- night-time: 10 to 11 hours

6 months

- daytime: 3 hours
- night-time: 11 hours

9 months

- daytime: 2 hours 30 minutes
- night-time: 11 hours

12 months

- daytime: 2 hours 30 minutes
- night-time: 11 hours

2 years

- daytime: 1 hour 30 minutes
- night-time: 11 hours 30 minutes

3 years

- daytime: 0 to 45 minutes
- night-time: 11 hours 30 minutes to 12 hours

4 years

- night-time: 11 hours 30 minutes

5 years

- night-time: 11 hours

6 years

- night-time: 10 hours 45 minutes

7 years

- night-time: 10 hours 30 minutes

8 years

- night-time: 10 hours 15 minutes

9 years

- night-time: 10 hours

10 years

- night-time: 9 hours 45 minutes

11 years

- night-time: 9 hours 30 minutes

12 years

- night-time: 9 hours 15 minutes

13 years

- night-time: 9 hours 15 minutes

14 years

- night-time: 9 hours

15 years

- night-time: 9 hours

16 years

- night-time: 9 hours