



Sleep Hours



**SLEEP HOURS**

# Sleep Hours

*Baby* SLEEP CONSULTANT



AGE IN MONTHS	NIGHT SLEEP HOURS	DAY SLEEP HOURS
0 - 2	8 - 12	4 - 7 (3-5 naps)
2 - 4	11 - 12	3 - 4.5 (3 naps)
4 - 6	11 - 12	3 - 3.5 (3 naps)
6 - 9	11 - 12	2.5 - 3 (2-3 naps)
9 - 12	11 - 12	2.5 (2 naps)
12 - 18	11 - 12	2 - 2.5 (2 naps)



# *Baby Sleep Consultant*

If you want some more help with your child's sleep,  
[get in touch](#)

Try our [Online Sleep Program](#)

[www.babysleepconsultant.co.nz](http://www.babysleepconsultant.co.nz)

We would love to help you and your family get the sleep you all need and deserve!

Remember sleep is a biological necessity, not a luxury!



## *Emma Purdue*

Emma is the owner and founder of Baby Sleep Consultant, she is a Certified Infant and Child Sleep Consultant, Lead Educator for Baby Sleep Consultant Training, Happiest Baby on the Block Educator, has a Bachelor of Science and Diploma in Education, she is a Gentle Sleep Expert and Mother of 3.