

evolving P A R E N T S

total sleep needs in 24 hours.
(including naps)

infants (birth-1 year)	12-17
toddler (1-2 years)	11-14
preschooler (3-5 years)	10-13
school age (6-13 years)	9-11
teenage (14-17 years)	8-10
adult (18+ years)	7-9

www.evolving-parents.com