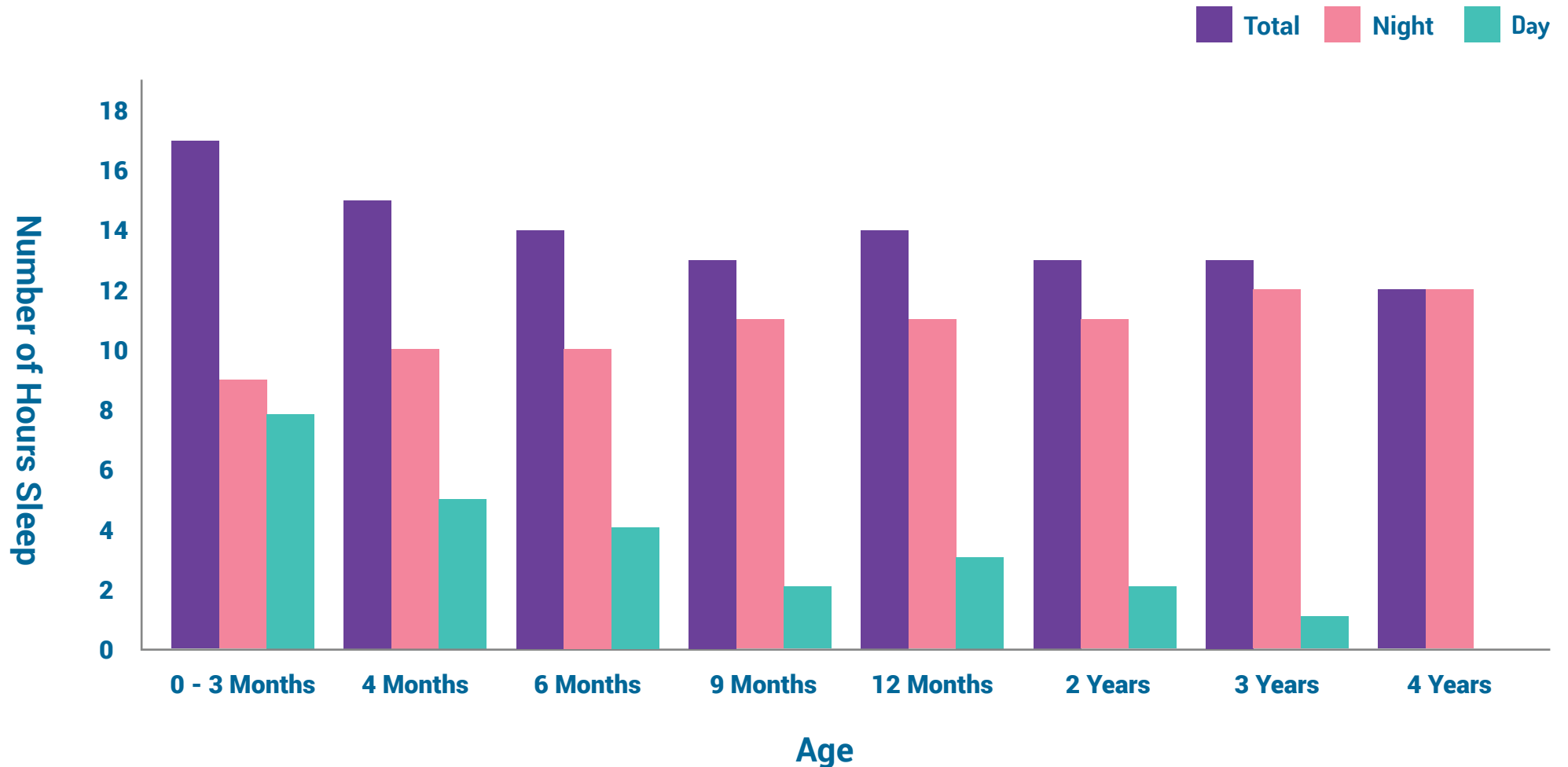




AVERAGE SLEEP CHART



NOTE: Also see **Quick Sleep Reference Guide** and the Sleep Range Guide for more information on the normal range of sleep. Babies can vary quite widely in their total daily sleep and sometimes an average can be quite different from what your baby is sleeping. Watching our baby and not the clock allows us to observe our baby and meet their individual sleep needs which will vary with age and development.