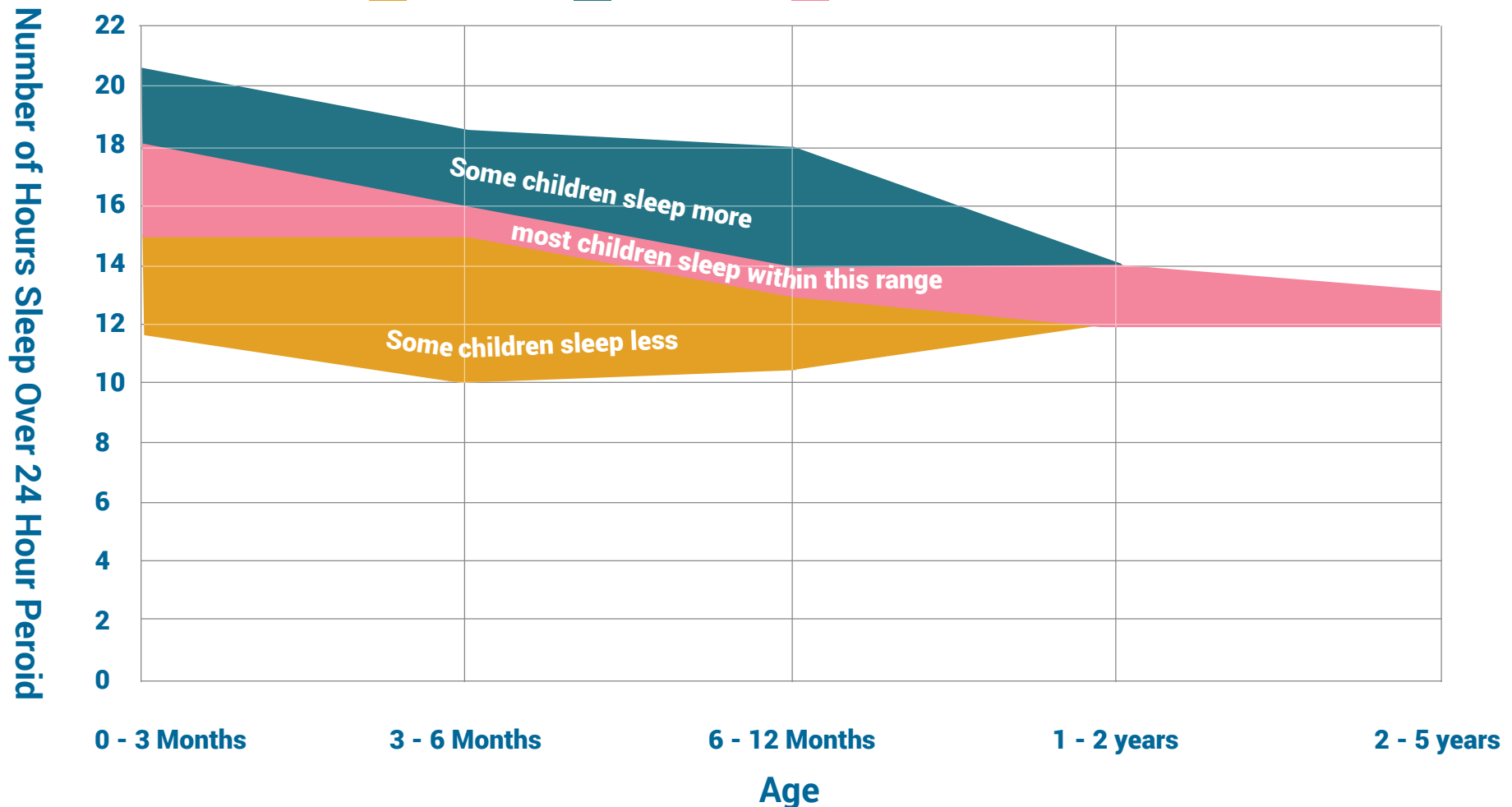




SLEEP RANGE GUIDE

Low Range High Range Most children fall within this range



NOTE: The amount of sleep that babies require varies between individuals and despite so much study, nobody really knows why. This graph is to be used as a guide only to the amount of sleep a baby may need in a 24 hour period. Your baby may fit somewhere within the ranges described. Premature and newborn babies may need more sleep.

For more information see the **Quick Sleep Reference Guide** or contact the Ngala Parenting Line.