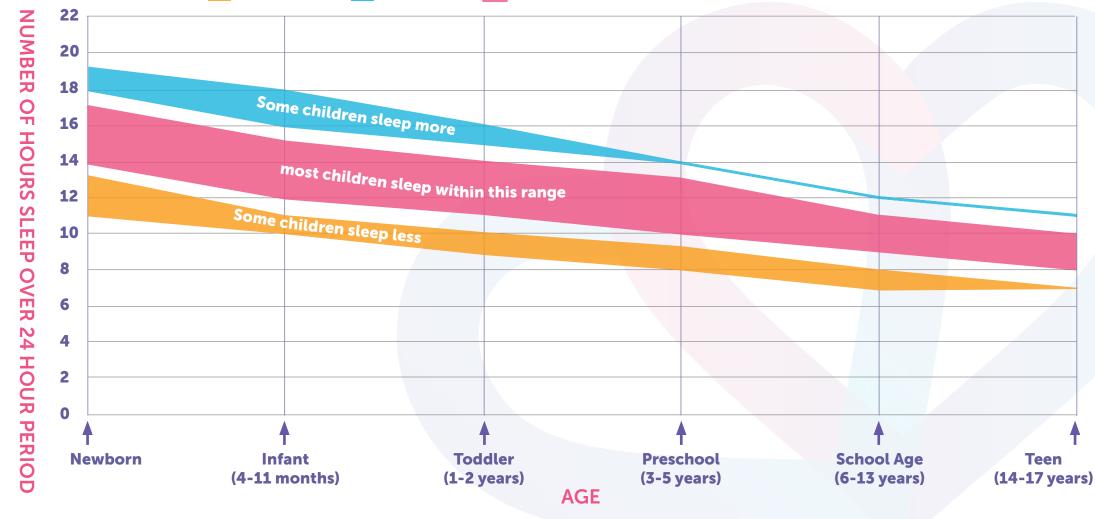
Sleep Range Guide

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 will fit somewhere within the ranges described. Premature and newborn babies may need more sleep.

For More Information see the Sleep, Feeding and Activity Guide or contact Ngala Parenting Line

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