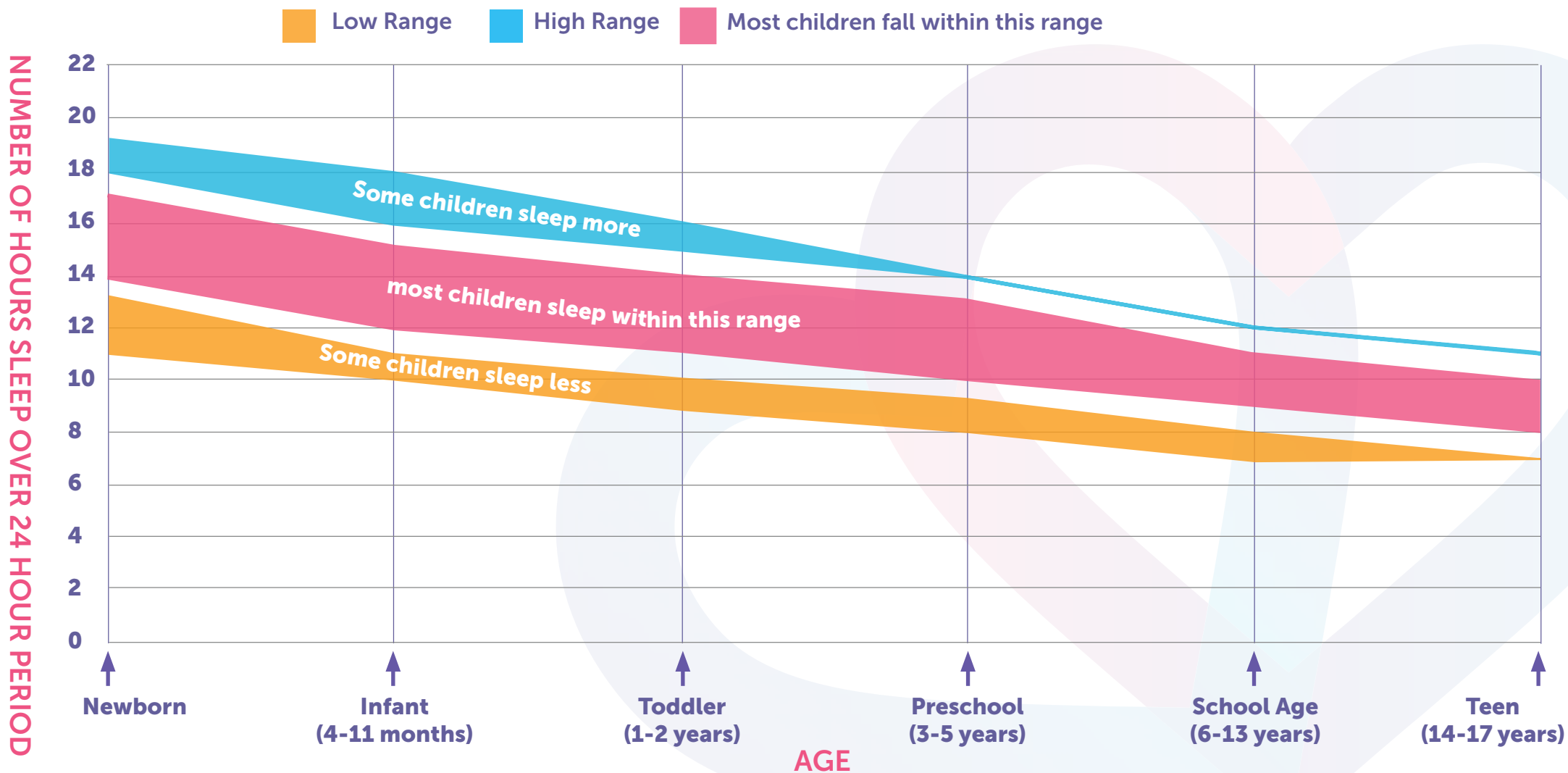




Sleep Range Guide



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