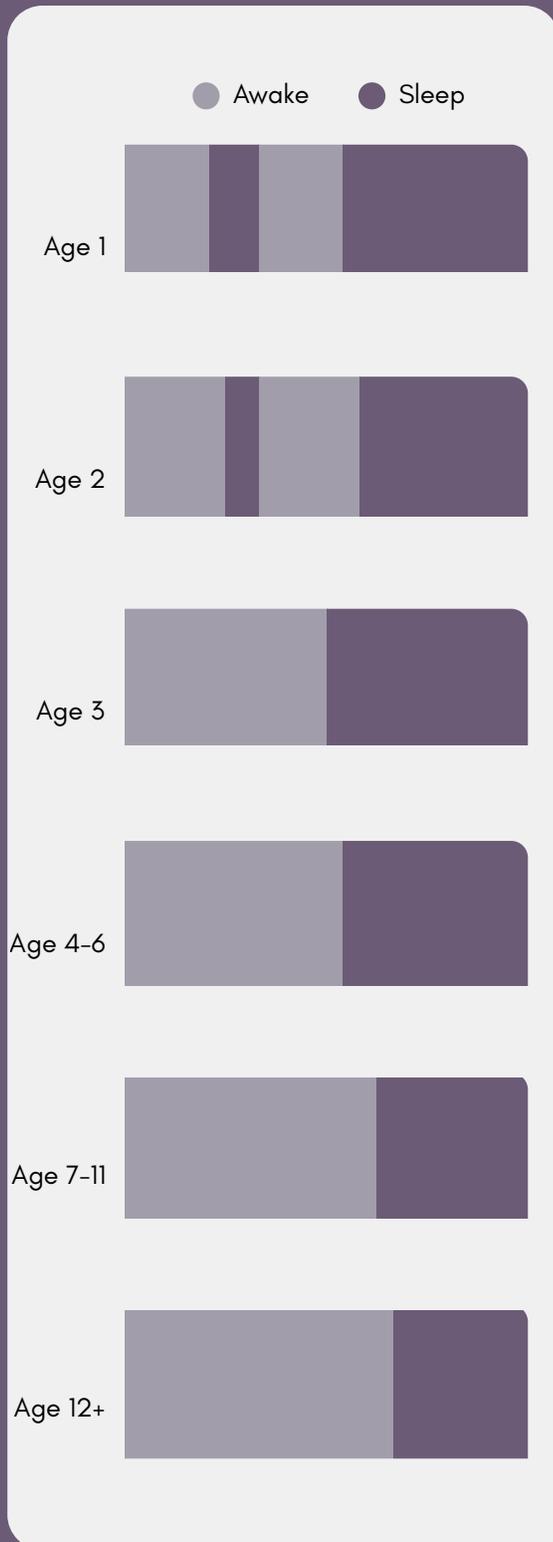


SLEEP NEEDS & WAKE WINDOWS BY AGE

THE AVERAGE SLEEP NEEDS VARY OVER TIME. THIS GUIDE PROVIDES THE OPTIMAL HOURS OF SLEEP NEEDED



AGE 1

Awake 5 hours between sleep periods.
May nap once for 1-3 hours

AGE 2

Awake 6 hours between sleep periods.
May nap once for 1-2 hours

AGE 3

Awake about 12 hours before need for sleep.
Naps are dropped, may cause night terrors during dropping process

AGE 4-6

Awake 13-14 hours with
10-11 hours of sleep over night

AGE 7-11

Awake 14-15 hours with
9-10 hours of sleep over night

AGE 12+

The need to sleep changes with puberty.
8-10 hours of sleep are needed over night



Disclaimer:

By reading this handout, you understand that Liz Cahill is a Certified Behavioral Sleep Specialist and Board Certified Behavior Analyst (BCBA) and the Owner of BetterSleep Behavior Consulting, LLC. Our purpose is to educate families on behavioral strategies that improve sleep-related behaviors, helping children and individuals sleep independently and through the night.

This handout is for informational and educational purposes only. The information and education provided is not intended or implied to supplement or replace professional medical treatment, advice, and/or diagnosis.

Although we do our best to make sure all of the information contained herein is up to date and/or accurate, we do not make any representation that all the information contained herein is accurate or free of errors at all times. We do not assume any responsibility for accuracy of the handout information, or its safety or efficacy as it applies to you. You should review any and all changes to your or your child's sleep routines, environment, or related behavioral strategies with your physician or qualified medical professional before implementing them.

We do not offer any representations, guarantees, or warranties, of any variety, regarding the handout in any way including, but not limited to, effectiveness, safety, harm, or results achieved as a result of your use of handout. The handout is offered "AS IS" and without representations, guarantees, or warranties of any kind, including but not limited to, implied warranties of merchantability and fitness for a particular purpose, neither express nor implied, to the extent permitted by law. We are not liable for damages of any kind related to your use of the handout or any information contained or discussed therein.

By using this handout, you implicitly signify your agreement to all of the terms contained herein.

If you have any questions about this disclaimer, please contact Liz Cahill at Liz@bettersleepbehavior.com. Thank you.

© 2025 BetterSleep Behavior Consulting, LLC. All rights reserved.

This resource is intended solely for personal, non-commercial use by the recipient. You may not reproduce, distribute, modify, sell, or otherwise share this material in any form without prior written permission from BetterSleep Behavior Consulting, LLC. By downloading and/or using this resource, you agree to these terms of use.

